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{Page 11}



**ZOMBIE 101
NO-BRAINER:
ZOMBIES RULE
THE UNDEAD** {pages 27-29}



HALIFAX

metro®

Wednesday, October 12,
2011

www.metronews.ca



News worth
sharing.



Talented. Boys

► Lord Phobos, Havve Hogan and Doctor Sung from the Tupper Ware Remix Party walk back to their van with their music gear after auditioning for Canada's Got Talent yesterday.

RYAN TAPLIN/METRO

Canada's Got Talent stops in Halifax

Auditions kicked off early yesterday morning at the World Trade and Convention Centre for Canada's Got Talent, a countrywide search for the nation's top acts. Halifax is the last stop on the cross-Canada search, but the production will return in January for callbacks at the Rebecca Cohn Auditorium. Auditions continue today. Story, page 4.

Game on for views of stadium

► Opponents, supporters have their say tonight ► Committee reports back Oct. 18



**ALY
THOMSON**
HALIFAX@METRONews.CA

Citizens will have the opportunity to stand on a soapbox tonight at the first of four public sessions outlining Phase 2 of the proposed multi-use outdoor stadium for Halifax.

Kim Mason, chair of the citizen-led steering committee selected by Halifax regional council in March, said she's expecting a good mix of stadium advocates and adversaries at the Halifax Forum's Maritime Hall at 7 p.m.

"We're looking to get a sense of what (the public) envisions as the stadium ... but also to help us with understanding people's objections and determining a response to those objections," she said yesterday.

Mason is hoping to hear from "as many people as possible."

"These sessions are not out there for the sake of saying we consulted with the public. They're meaningful sessions where we need to hear those that are in favour and those that are opposed."

The session series continues tomorrow at Farrell Hall in Dartmouth with location and design the topic.

On Nov. 16, the committee will recap highlights from the first two meetings while "validating that we captured public sentiment," said Mason. And it's all leading up to a presentation of the draft design in early December.

The sessions are a part of Phase 2 of regional council's \$275,000 feasibility study of the stadium.

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HRM'S OPEN AIR BURNING BY-LAW

GET THE FACTS ON HOW TO BURN

Halifax Regional Municipality's By-Law Number O-109 Respecting Open Air Burning states that you must have a minimum clearance of 75' (23 meters) to any dwelling or accessory building for burning brush, and a minimum 15' (4.75 meters) for a campfire

or a fire in an outdoor wood burning appliance.

1. Brush includes trees, wood, shrubs, bushes or branches.

2. Brush does not include:

- Rubber Tires
- Oil
- Plastic
- Petroleum Products
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- Grass
- Grass Clippings
- Twigs
- House and Garden Plants

- Box Board (including cereal, shoe, tissue and detergent boxes)
- Construction & Demolition Material (including saw dust, wood shavings, planking, siding, wood beams, plastic and rubber)

3. Responding Fire Officers have the authority to extinguish or order extinguished any fire (or fires) which pose a fire hazard to persons or property (they do not have this same authority re health hazards).

4. Remember, the person in charge of a fire may be required to pay all

expenses incurred in controlling or extinguishing any fire which may get beyond control, is in danger of doing so, or extends to the lands of others.

5. No person shall ignite, allow or cause to be ignited, a fire of any kind in the open air without being suitably equipped to contain or extinguish the fire, and shall remain in attendance while the fire is burning or smoldering. The person in charge of a fire shall ensure that the fire is not left unattended and that all smoldering embers are completely extinguished prior to leaving the site after burning is completed.

DO I NEED A PERMIT?

If your property is serviced with BOTH municipal water and sewer then you live in an HRM Permit Required Zone and you DO require an HRM Burning Permit.
Open air burning is ONLY permitted from

Oct. 16 through April 14, provided you follow all applicable regulations in Halifax Regional Municipality's By-Law Number O-109 Respecting Open Air Burning. For more information such as exceptions or exemptions related to open air burning, visit: www.halifax.ca/fireprevention/OpenAirBurning.html

HOW DO I GET A PERMIT?

Before making an application for an HRM Burning Permit, applicants should familiarize themselves with all regulations in Halifax Regional Municipality's By-Law Number O-109 Respecting Open Air Burning. Details can be found at: www.halifax.ca/fireprevention/Legislation.html

Applicants must contact the Halifax Regional Fire Prevention Division to apply for the following

types of Burning Permits:

- Commercial
- Religious or Ceremonial
- Insect or Disease Infestation / Natural Disasters

For all other Open Air Burning in a "Permit Required Zone", one of the following printable online Permits are required:

- i. Burn Permit
- ii. Campfire Burn Permit

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REGIONAL MUNICIPALITY

Turmel and Dexter talk ships in Halifax

► Interim federal NDP leader meets with provincial counterpart
► Economy, federal crime bill also discussed during meetings yesterday



ALEX
BOUTILIER
@METRONEWS.CA

Shipbuilding and a stranded ship dominated the tête-à-tête between Premier Darrell Dexter and interim federal NDP Leader Nycole Turmel in Halifax yesterday.

Turmel and Dexter spoke on a range of issues, from the economy to upcoming health-care negotiations between the provinces and the federal government. But with rumours of an imminent decision on \$35 billion worth of shipbuilding contracts and concerns over a beached cargo ship off Cape Breton Island, the nautical carried the day.

Concerning the shipbuilding contracts, Turmel said she does not support one shipyard's bid over another.

"For us, federally, we're looking for a fair, accessible and transparent process to make sure there's work for everybody," Turmel told reporters at Province House.

That's been a common refrain from politicians in the lead up to the decision on who gets what from the National Shipbuilding Procurement Strategy, which will be made by an independent secretariat. Nova Scotia, British Co-



► Premier Darrell Dexter listens as interim federal NDP Leader Nycole Turmel speaks to reporters at Province House yesterday.

lumbia and Quebec have yards in the running.

While the interim leader wants the independent process to run its course, she said provinces are within their rights to lobby the federal government on the issue.

"That's OK with me, I don't have any problems with that," said Turmel, referring to Nova Scotia's ubiquitous Ships Start Here campaign.

"I hope (the federal government) listens to every-

Turmel's visit

► Nycole Turmel visited the Women's Employment Outreach offices with Halifax MP Megan Leslie.

body in Canada."

Turmel and Dexter also discussed the ongoing saga of the MV Miner, a bulk carrier ship that ran aground off Cape Breton three weeks ago.

Dexter indicated he hoped Turmel will help

► Turmel also attended an open house at Dartmouth MP – and potential NDP leadership contender – Robert Chisholm's constituency office.

put pressure on the federal government to expedite the process of removing the ship.



For more information visit
www.metronews.ca/halifax

Search for missing woman expanded

New Glasgow Police searched vacant buildings on the outskirts of town limits yesterday looking for a missing 19-year-old woman.

Const. Ken MacDonald said an extensive search of the area around Dooley's in New Glasgow was conducted Monday by police, ground search and rescue, firefighters, DNR and volunteers for Amber Kirwan, who was last seen outside of the bar around 1 a.m. Sunday.

He said this perimeter was extended further yesterday with the assistance of New Glasgow's K-9 unit.

"We expanded the perimeter and within that perimeter are some vacant buildings that had been subject to vandalism and subjected to being a youth hangout. We want to do a systematic search of these areas in question because it is still a missing person report," he said.

He said video tapes of local businesses in the area have been viewed, but as of yesterday afternoon, there were no new leads. Anyone with information about Kirwan's whereabouts is asked to contact New Glasgow Police or Crime Stoppers.

NEW GLASGOW NEWS

CONTRIBUTED



► Amber Kirwan

1

news


A new study shows evidence of a link between vitamin E and prostate cancer. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

John Baird does his best to ingratiate himself to his hosts in Libya by announcing a new financial commitment. Video at metronews.ca/canada

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CRIME

Police investigate alleged assault

Halifax police say they are investigating a sexual assault after a man allegedly grabbed a woman's buttocks and then slapped it twice.

Halifax Regional Police say the assault took place near Sackville Landing on the Halifax waterfront

late Sunday night.

Around 11:20 p.m. police say two men approached two women and tried to have a conversation with them.

The women kept walking, heading north along the waterfront, with the men following.

The women then turned onto Lower Water Street from George Street. That's when the assault allegedly occurred against one of the women, police say.

After the incident, both men fled the area on foot. ● METRO

Next phase of road changes due

More traffic changes will take effect in downtown Halifax next week.

Starting on Monday, the two-way blocks on Lower Water Street will change to one-way heading north.

This is the second phase of the changes, meant to increase the number of parking spaces in the downtown core and to allow for new bike lanes to be installed on Hollis and Lower Water streets.

The first set of changes took effect in late September, when one-way streets were changed to two-way and reverse, as well as some

City statement

The changes were initiated by a recommendation from Halifax regional council's HRMbyDesign and developed through public consultation, a city hall press release said.

streets changing direction entirely.

One more phase is slated for March 2012 and will include changes to Hollis St. and installing traffic signals for pedestrians at Lower Water and Duke streets.

● METRO

Three face robbery charges

Halifax police say three men face charges including robbery and extortion

after several people were threatened with a handgun.

Officers went to Walter Havill Drive on Sunday after four people said they were confronted and robbed.

● METRO

Nova Scotians show their talent in TV bid

► Canada's Got Talent to air in March on Citytv ► More than 1,600 people pre-registered for auditions ► Hundreds more came from across Maritimes



ALY THOMSON
HALIFAX@METRONews.CA

Lily Librich's fluffy black and white skirt bounced along with her as she ran out of her audition for Canada's Got Talent yesterday in Halifax.

The 11-year-old from Toronto was sporting a smile ear-to-ear after singing And I Am Telling You from the musical Dreamgirls.

"I was a little nervous, but I think I did good," said the aspiring Broadway star just after being interviewed by the show's producers — a possible sign she might make it through the first round, she hopes.

Librich was one of many singers who showed up at the World Trade and Convention Centre for their shot at fame. Hundreds more carried guitar cases decorated with decals, and others wore dance uniforms and carried skipping ropes.

Sticking out from the crowd was the Tupper Ware Remix Party, an "intergalactic" electro-dance-rock band from Halifax. Equipped

"I'm hoping that I'll get far because it's really what I love to do."

LILY LIBRICH, 11-YEAR-OLD SINGER



► Nano, a performer from Newfoundland, gives a sample of his act before his audition for Canada's Got Talent at the World Trade and Convention Centre.

with brightly coloured unicycle and space helmets, the band brought along a grocery cart — or "mobile fun unit" — stocked with amplifiers, guitars, synthesizers and a copy of Carl Sagan's Cosmos.

"Our act involves a lot of lasers and smoke and thrusting and jiving," said Jorin Caldwell, a.k.a Doctor Sung.

Keeping with the band's persona, Caldwell said they

decided to try out for the countrywide talent search because in a parallel dimension they were the winners of "the universe has got talent."

The contestants will find out if they've made it to the next round by Nov. 30.

In January, callback auditions will be held at the Rebecca Cohn Auditorium, where much of the actual footage for the show will be taped.

To audition

- If you think you've got talent and would like to try out for the show, auditions continue today at the World Trade and Convention Centre.
- Doors open at 8 a.m. and walk-in auditions are open until 4 p.m.
- Performers need to present valid identification.

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New. Playground

RYAN TAPLIN/METRO

Playground expected to open later this month

Premier wants answers from Ottawa on MV Miner

► On Saturday, coast guards reported seeing signs indicating some kind of spill from ship ► An inspection yesterday found no sign of oil pollution

In the three weeks since an empty bulk carrier ran aground off Cape Breton, Premier Darrell Dexter says he has yet to get a straight answer from Ottawa about who is in charge of the file.

Dexter said yesterday his officials have been talking to the coast guard and Transport Canada but neither of those federal agencies has committed to offering any direction, even though the matter is

within federal jurisdiction.

"The fact of the matter is that the ship itself is a potential source of harm to the fishing grounds there," Dexter said.

"This issue is: who in the federal government is going to provide direction? ... We are talking to all of the departments, but as of yet we have not received a reply."

Even though all of the diesel and oily bilge water have been removed from



the badly damaged MV Miner, Dexter said the 230-

metre ship remains a threat because it is probably coated in lead paint and contains electronic gear that could contaminate the surrounding water.

The huge ship, a former Great Lakes freighter, was being towed by a tug to a scrapyard in Turkey when it broke free of its tow line in rough seas and ran aground on Scatarie Island on Sept. 20.

THE CANADIAN PRESS

REAL ESTATE

Housing starts up from last year

The Canada Mortgage and Housing Corporation says new housing starts in Halifax are up from last year.

Overall, there were

289 starts last month compared to 191 in September of 2010.

Most of the growth in Halifax can be attributed to apartment construction, with 184 units started compared to 86 the previous year.

Single detached housing starts remained steady at 105 units.

Housing starts in other urban centres in Canada were up 14 per cent compared to last September. ● METRO

Prostate-cancer advocates to meet

Leaders in prostate-cancer advocacy will congregate in Halifax this week.

The Prostate Cancer Canada Network Leader's Conference will bring together representatives from over 80 support groups from across the country.

Trinity-Spadina MP Olivia Chow will deliver the conference's keynote address at a luncheon tomorrow. Premier Darrell

Dexter will also address delegates tonight at a supper. He plans to speak about his relationship with Chow's late husband Jack Layton, who passed away in August.

More than 200 delegates are expected to attend the conference, which runs until Saturday.

For more information, visit prostatecancernetwork.ca.

● METRO

Trail of blood leads police to suspect

Police followed a trail of blood yesterday to a man believed to be responsible for slashing about 18 car tires in Fairview.

At 7:30 a.m., police responded to reports of

tires being slashed in the area of Main Avenue and Mandaville Court. Officers followed the blood trail to an apartment complex where a 42-year-old man was suffering from cuts to his hands.

Police seized a pair of scissors and arrested him.

● METRO



For more local news visit metronews.ca/halifax

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Play addresses aging with humour

▶ **Another Home Invasion** first of three plays being put on this season at Neptune Studio Theatre

HEATHER GILLIS
HALIFAX@METRONews.CA

It's a one-woman show humorously shedding light on realities of aging and the plight of the elderly.

Neptune Studio Theatre's *Another Home Invasion*, which premieres tomorrow at 8 p.m., stars Halifax's Nicola Lipman, who plays Jean, an 80-year-old woman from North Vancouver, who has to take care of her ailing husband.

Jean fears that her husband's poor health will stop them getting into a senior's complex and that they'll be split up.

"I think this play talks to everybody," Lipman said. "Whether one is a grandchild and has a grandparent, or is a child and has a parent, or whether you are somebody like Jean, trying to be independent."

Playwright Joan MacLeod wrote this play

To buy tickets

Tickets for *Another Home Invasion* are available through neptunetheatre.com.

with Lipman in mind, Lipman said yesterday.

"She had written this show and could hear my voice in it."

It is a homecoming of sorts for Lipman, who has been in Vancouver, where she grew up, for the last three years taking care of her 97-year-old father.

Caring for her dad has had an impact upon her and how she portrays Jean.

"I've had to deal with the social systems and aging on his part and those are two of the things that this play addresses," she said.

Lipman said her dad saw the show in Vancouver: "He came with his caregivers and walker.... It's probably the last play he'll see."



▶ Nicola Lipman, who plays the role of Jean in *Another Home Invasion*, performs a scene at Neptune's Studio Theatre yesterday. The play runs until Oct. 23.

Five Nova Scotians honoured

The first black member of the provincial legislature and a popular newspaper cartoonist are among five people who will be invested to the Order of Nova Scotia.

Wayne Adams of East Preston was elected to the

house in 1993 and is a former cabinet minister.

Bruce MacKinnon of Halifax has been penning editorial cartoons for the Halifax Chronicle Herald since 1985 and has won two National Newspaper Awards.

Other recipients for the 2011 awards announced yesterday are Mi'kmaq-rights advocate Joseph Marshall of Eskasoni, writer Budge Wilson of Halifax, and business leader and lawyer Sir Graham Day of Hantsport. **THE CANADIAN PRESS**



▶ Wayne Adams

News in brief

Masked robber in custody

Police say they have a 38-year-old woman in custody after she allegedly robbed a convenience store Sunday in Indian

Brook. ● METRO

Correction

A story in yesterday's Metro, Mayor swims in silence but keeps his promise, incorrectly stated that Peter Kelly swam in the harbour on Monday. It was actually on Sunday. ● METRO



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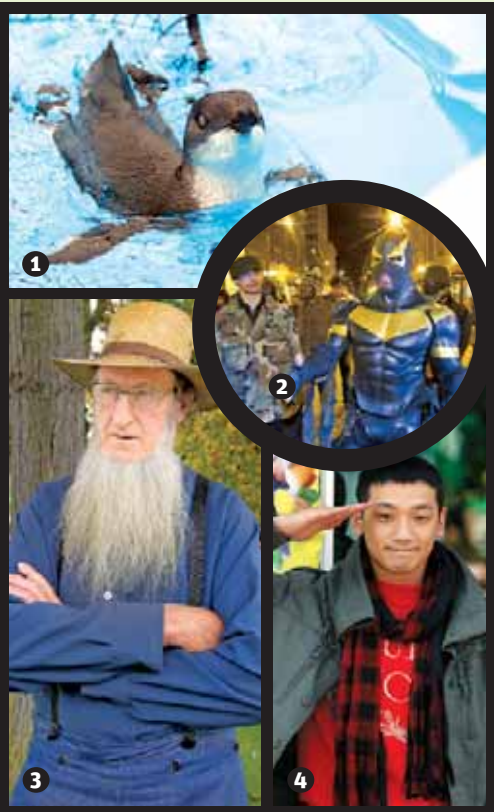
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2. DEAN RUTZ/THE ASSOCIATED PRESS
3. AMY SANCETTA/THE ASSOCIATED PRESS
4. LEE JIN-MAN/THE ASSOCIATED PRESS



- 1** An oiled little blue penguin floats in a wildlife facility pool in New Zealand yesterday. Penguins were rescued from sea after an oil leak last Wednesday.
- 2** Seattle's self-styled superhero Phoenix Jones is back. He had to wear a backup costume after police seized his old one after an arrest on assault charges.
- 3** Sam Mullet, the leader of a breakaway Amish group in Ohio, said an attack on fellow Amish was due to long-standing resentment between the two groups.
- 4** South Korean pop singer Rain bids farewell to tearful fans as he puts his career on hold to enter boot camp and begin military service. **THE ASSOCIATED PRESS**

Canada to give hefty sum for Libya recovery

► Foreign Affairs minister pledges \$10M to control weapons and build democracy ► On top of \$10.6M of Canadian humanitarian aid already given

Moammar Gadhafi's unsecured arsenal of mass-destruction weapons poses a threat to Libya and the world at large, Canada's Foreign Affairs minister said yesterday.

John Baird offered his assessment after touring Gadhafi's notorious Tripoli compound of Bab al-Azizia, now transformed by NATO bombs and rebel forces into a riotous wasteland that celebrates newfound liberty while defiling the deposed dictator's memory.

"This country is armed to the hilt. We want to see a demilitarization to support the new government,"

Baird said on his second, secretive trip to Libya, this time to the country's capital.

Just as he did in June on a trip to Benghazi, Baird travelled to Libya via Italy under heavy security and a strict news blackout, a testament to the continuing volatility in this North African country.

"We know there are seven warehouses of weapons of mass destruction, chemical weapons, that Gadhafi showed the world," said the minister.

Government officials say the funds will help Libya clean up the 23,000 shoul-

"We want to ensure that the people of Libya are kept safe and the people of the world are kept safe so (the weapons) don't fall into the wrong hands."

**JOHN BAIRD, CANADA'S
FOREIGN AFFAIRS MINISTER**

der-fired, anti-aircraft missile launchers still in circulation, and deal with the reality of guns everywhere.

Canada's share is part of a larger international contribution to that effort, said officials.

Baird held talks with Mustafa Abdul-Jalil, chairman of the Libya's new provisional government, at the National Transitional Council's Tripoli headquarters. He offered "congratulations on the transformative events that have been taking place in Libya."

Canada is co-ordinating its future rebuilding efforts in Libya with its international partners, who are all working under a United Nations umbrella.

Assessment teams are on the ground in Libya to meet the NTC to plan the next moves.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS



► Foreign Affairs Minister John Baird, right, and Canadian Ambassador to Libya Sandra McCardell, left, visit the former fortified compound of Moammar Gadhafi in Tripoli yesterday. Baird is the first foreign minister to visit the site since rebels seized it.

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Dunderdale's historic victory

► She's a woman — and the NL premier ► She leads Conservatives to third-straight majority government

Kathy Dunderdale made history last night by becoming the first woman elected premier of Newfoundland and Labrador.

"My heart is stirring with pride tonight," said Dunderdale as she led the Progressive Conservative party to its third-straight majority government.

Dunderdale, 59, told throngs of supporters at a downtown St. John's hotel: "As I stand here tonight, I can't help but wonder what my grandmother and great grandmother would think.

"Until 1925, a woman could not vote in Newfoundland and Labrador."

The victory also allows

How they voted

- 1** Kathy Dunderdale's Conservatives won 56 per cent of the popular vote.
- 2** The NDP, led by Lorraine Michael, a former nun, took 25 per cent.
- 3** Kevin Aylward's Liberals earned 19 per cent. Aylward lost his seat but he said he'll stay on as leader.

her to step from the shadow of the legendary Danny Williams nearly a year after he left office.

Dunderdale easily won her St. John's-area riding of Virginia Waters. But the night wasn't without loss for the Tories, as two of their cabinet ministers went down in defeat.

Dunderdale ran a classic front-runner's campaign without any major gaffes.

The Tories were elected in 37 ridings.

The New Democrats, a perennial third-place finisher, also made a breakthrough as the party won five seats — its highest total ever.

But the Liberals clung onto official Opposition status, as they were elected in six ridings.

THE CANADIAN PRESS



► Premier Kathy Dunderdale addresses supporters in St. John's after her election victory last night.

Repeat offenders mar image of MDs

One-fifth of doctor disciplinary cases in the last decade involved repeat offenders, suggesting a need for greater monitoring, Toronto researchers conclude.

The researchers looked at the cases of doctors who were disciplined by their provincial medical licensing bodies between 2000 and 2009.

Of the 606 cases in total, they found that 92 per cent of those doctors were men.

THE CANADIAN PRESS

20

The most common violation was sexual misconduct, which accounted for 20 per cent of the cases.

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News in brief

Movie zombies take a tumble

TORONTO. Emergency workers faced a scene out of a horror movie yesterday after actors dressed as zombies fell off a platform during a film shoot in Toronto.

At least 16 actors on the set of Resident Evil: Retribution were injured.

The bizarre sight of the zombies made it difficult for emergency workers to assess the injuries, a spokesperson said. "It did kind of catch us off guard," said Sgt. Andrew Gibson.

THE CANADIAN PRESS

Hi, zombies ... here's a Bible

CALGARY. Break out the Bibles, Halloween's coming. That's the message

from a Calgary pastor, who aims to turn standard Oct. 31 activities on their head.

Paul Ade, 40, has been doling out Bibles instead of sugary treats since 2002. Now he wants others to follow suit and has made contact with about 3,200 North American churches.

● METRO

Zombie arms cache busted

BUDAPEST. Nearly 100 live weapons to be used in Brad Pitt's zombie flick World War Z were confiscated by Hungarian officials, reports said. The cache included machine-guns, rifles and pistols.

Counterterrorism official Janos Hajdu said: "It's possible all the weapons were brought in for the film, but this would not be allowed by Hungarian law. This is a very complicated case."

THE ASSOCIATED PRESS

Get set for a baby boom: Couples win IVF prizes

▶ Radio station springs a surprise in contest for \$35,000 treatments



▶ Natasha and Ryan Derouchie, pictured yesterday, may soon be hearing the pitter-patter of little feet.



JOE LOFARO

@METRONWS.CA

METRO CANADA IN OTTAWA

For five years, Natasha and Ryan Derouchie have been trying to have a baby.

Now they could be close to making that dream a reality.

Just like four other couples.

The Derouchies were one of five finalist couples in a Win A Baby contest on Ottawa radio station Hot 89.9.

Only one couple could win — until yesterday.

Much to everyone's surprise yesterday morning, radio host Jeff Mauler announced that all five couples had won up to three

"We're still trying to absorb it because it's really a dream come true."

NATASHA DEROUCHIE

fertility treatments.

"There was lots of crying. We pretty much sobbed ... just holding each other. My phone was going crazy," said Natasha, 30.

Doctors had told Natasha and Ryan the only way they could conceive was through in vitro fertilization (IVF).

The high cost of the procedures held them back, but now they've won the three fertility treatments valued at \$35,000.



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- 3 David Guetta ft Flo Rida - Where Them Girls At
- 2 Adele - Someone Like You
- 1 Gym Class Heroes - Stereo Hearts

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Marching for 99%

► NYC protesters express concern over 'millionaires' tax' expiration in December ► Hundreds cry out across U.S.

Hundreds of protesters, emboldened by the growing national outcry against what they see as the greed of Wall Street, streamed past the homes of some of the country's richest residents yesterday in a "Millionaires March." Members of the Occupy Wall Street movement and other groups walked up the sidewalks of Manhattan's

East Side, along world-famous streets lined with swank apartment towers. Protesters have been camped out for weeks in lower Manhattan's Zuccotti Park saying they're fighting for the "99 per cent," of Americans who do not fall into the wealthiest one per cent of the population. Several hundred protesters were arrested in New

York more than a week ago after police said they ignored warnings not to block traffic on the Brooklyn Bridge. Their causes range from bringing down Wall Street to fighting global warming. The movement gained traction through social media, and protests have taken place in several other U.S. cities. **THE ASSOCIATED PRESS**



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Exquisite is an exotic TABICO beauty who was formerly a stray found in Dartmouth. She is friendly, curious and outgoing. Her glamorous coat has both stripes and calico patches of apricot, black and white. A photogenic princess like her certainly deserves lots of love and attention. If you have an interest in sharing your life with this enchanting feline, please make your way through the adoring crowds to meet her.

For more information on Exquisite and other adoptable furry friends, visit metro.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@metro.spcans.ca

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Ukraine's former PM sent to jail

► Court found Yulia Tymoshenko guilty of abuse of office ► Sentenced to 7 years in prison

Former prime minister Yulia Tymoshenko, a popular opposition leader who once symbolized Western hopes for a democratic Ukraine, was convicted of abuse of office yesterday in a verdict condemned by the U.S. and European Union as politically motivated.

The charismatic politician denounced the court even before the judge finished speaking. She compared it to the 1930s purges and show trials of Soviet dictator Josef Stalin and promised Ukrainians: "I will always be with you."

Tymoshenko's conviction bodes ill for Ukraine's aspirations to shake off Russian influence, integrate more closely into the West,



► Tymoshenko reacts during her trial yesterday

and eventually join the 27-nation European bloc.

The verdict capped a chaotic trial that started in late June and saw scuffles between Tymoshenko's

supporters and opponents in court.

The court found Tymoshenko, 50, guilty of abuse of office in the signing of a natural gas import contract with Russia in 2009, saying she lacked an official authorization for the deal and had agreed to a price that was too high for Ukraine's economy.

But, Tymoshenko maintained her innocence, saying that as prime minister she did not need any special permission to order the signing of the deal. She says her actions helped end a bitter pricing dispute between Moscow and Kyiv, which had led to energy supply shortages across Europe. **THE ASSOCIATED PRESS**

Protest. Struggle



► Russian police officers detain an opposition protestor during an unsanctioned anti-Kremlin rally in Moscow yesterday. About two dozen protesters were detained.

ALEXANDER ZEMLIANICHENKO JR./THE ASSOCIATED PRESS

Opposition group takes the streets

Police rounded up protesters in downtown Moscow yesterday. They were chanting "Elections without opposition is a crime!" — a reference to rules that keep most Kremlin opponents out of December's parliamentary vote.

Sarkozy refraining from baby talk

President Nicolas Sarkozy

and Carla Bruni are about to have a baby, but are keeping mum about it as the unpopular president eyes a possible re-election bid.

Sarkozy is the first French leader to divorce — and remarry — while in office. The couple wed in early 2008, months after his divorce. **THE ASSOCIATED PRESS**

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► Air Canada employees hold a rally at Pierre Elliott Trudeau airport in Montreal yesterday after talks over pay and conditions between unions and management broke down. The federal government is considering its options on how to handle a renewed threat of a strike at Canada's largest airline.

Feds buy some time sending strike matter to the CIRB

- Union set to resume talks if key issues addressed
- Unclear why two agreements rejected by members

The federal government is moving to prevent a strike Thursday by Air Canada flight attendants by sending the matter to the Canada Industrial Relations Board for review.

Labour Minister Lisa Raitt told CTV News that a reference will be sent to the board today asking it to examine the difficulties in winning ratification of two tentative agreements reached by company and union negotiators.

"While the matter is before the CIRB, there cannot

be a work stoppage," Raitt said from Vancouver.

The latest twist in Air Canada's troubled contract negotiations comes after members of the union rejected the latest agreement, which was supported by leaders of the Canadian Union of Public Employees.

"Our members are clearly frustrated, and are demanding their sacrifices over the past 10 years be addressed," said Jeff Taylor, president of the Air Canada Component of the Canadian Union of Public Employees.

"Air Canada must be prepared to move on our key issues."

The tentative deal was reached Sept. 20 with the help of a federal mediator appointed by Raitt and the threat of back-to-work legislation.

The reference buys the government time to pass back to work legislation once the House of Commons resumes Monday. Air Canada would operate a partial schedule if a strike occurred.

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Nova Scotia Nominee Program, Economic Stream Refund

If you paid fees to the Economic Stream of the Nova Scotia Nominee Program, you might be able to get some money back from the Province of Nova Scotia. Read this to find out more.

What is this about?

A lawsuit was started against the Province of Nova Scotia in 2009. The goal was to get a refund for people who applied for and paid fees into the former Economic Stream of the Nova Scotia Nominee Program. The Supreme Court of Nova Scotia has now certified that lawsuit as a class action. Your legal rights may be affected. The lawyers for both sides have made a deal that would give a refund to eligible people. The Supreme Court of Nova Scotia approved the settlement as fair and reasonable.

Am I included?

You are if you (1) paid money to Nova Scotia under the Economic Stream of the Nova Scotia Nominee Program, (2) landed and obtained permanent resident status in Canada, and (3) did not already get a refund. As long as you told the truth in your application and immigration filings, you should be eligible for a refund.

What does this mean for me?

If you are a Class Member, your legal rights are affected. You will benefit from any settlement, but you must give up your right to sue the Government of Nova Scotia on your own.

How much will I get?

If you were not paid anything under a business mentorship, you will get \$63,750 back if your claim is approved (\$75,000 less an approved 15% fee of \$11,250). If you were paid under a business mentorship, the amount you were paid will be deducted from \$75,000. The 15% fee will be taken from the net amount.

Do I have to pay anything out of my own pocket?

No. The lawyers' fees have already been accounted for in the amount set out above. You will not be billed. The Supreme Court approved the lawyers' fee as fair and reasonable.

How do I get my money?

You have to fill in a Claim Form. A copy of the Claim Form can be found at <http://www.branchmacmaster.com/nova-scotia-immigration/>. You must mail, fax, or email in the form by **May 4, 2012**.

What if I do not want to take part?

If you do not want to take part, you have to opt out. If you opt out, you will not get any benefit from the settlement. You will have to sue the Government of Nova Scotia on your own if you wish to recover anything. To opt out, go to <http://www.branchmacmaster.com/nova-scotia-immigration/>, download the opt out form, and submit it to the address listed. If you want to opt out, you must do so before **Jan. 5 2012**.

What if too many people opt out?

If more than 50 people opt out, the Province has the right to cancel the settlement. Neither the Province nor the lawyer for the class expect this to occur however.

I have other questions.

For more information, visit <http://www.branchmacmaster.com/nova-scotia-immigration/>. If you still have questions, just contact the lawyer appointed by the court to act for the class, Greg McMullen at Branch MacMaster LLP, at gmcullen@brannmac.com or 604-631-2560.

NOVA SCOTIA

WHAT WILL GERMINATE IN YOUR CAPSULE?

JUST SAYIN' ...

PAUL SULLIVAN
METRO



I'm not sure what bacteriologist Edward Durham was thinking back in 1897 when he put a vial of intestinal bacteria in a time capsule, but whatever it was, he should

have thought it over.

Not only do we have to worry about new diseases from birds and barnyard animals, now they're coming at us from 114 years in the past.

Time capsules are designed to be opened in the future, and the future arrived last week when a building at Bellevue Hospital in New York was demolished, exposing a time capsule including the scientist's little gift and a note asking future generations to "let us know how long these spores last."

Well, Ed, we'll get back to you. I might add we're lucky they weren't active and belong to a type of bacteria that has been successfully treated by antibiotics, a post-1897 invention.

Which leads you to wonder: what else is out there buried in a box from the past that could have interesting consequences if opened before Christmas?

Here's just a partial list from time capsules buried in various cornerstones around the world: silk condoms, false teeth, bikini bottoms, Life magazine, a kewpie doll, various grain seeds, messages from Albert Einstein, and even a car. Not toxic, per se, but

what are they supposed to make of all that junk in the year 7000 AD?

Still, we continue to bury our civilization's flotsam and jetsam in structures that don't last 50 years, never mind 5,000. Or we shoot them into space, needles in a cosmic haystack. We do it because we hope that someone will be there and if they are, they need to get it right, dammit.

It's a way of bestowing immortality upon ourselves. And certainly, the only way any of these Just Sayin' columns will ever survive is to slip them in a time capsule between the bikinis and false teeth.

LOL if you must, but what goes into your time capsule? Downloads of Two and A Half Men? DNA from your dog? An Ikea catalogue? The iPod or the iPad? Both?

Let's say this stuff actually survives 5,000 years and is dug up. Will our descendants be able to decode our little blasts from the past? The origin and meaning of an 8-track could be as obscure as a cave painting.

Anthropologists, when they don't have a clue, always play the religious ritual card.

So in 7011, when they open up the Charlie Sheen Violent Torpedo of Truth Tour Video, it's possible a new religion will be born.

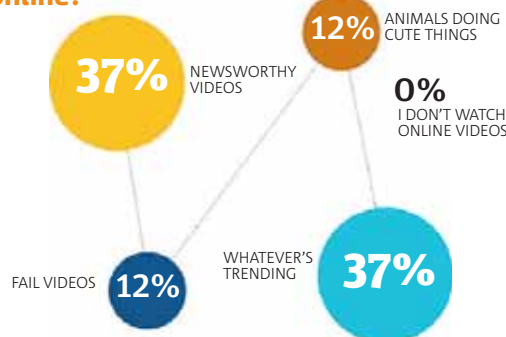
That's if God still has a sense of humour at that point.

Read more of Paul Sullivan's columns at metronews.ca/justsaying



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metropolitanpanel.ca
and take the quick poll

What type of video do you watch most online?



Letters

RE: Jessica Napier's column published Oct. 11, What's in a maiden name?

Although I think the article was well written and thought provoking, I was surprised that, for a woman who writes from an informed and feminist perspective, she used references such as "Mr. and Mrs. His First and Last Name" and "Taking your husband's name." The article was written with gender assumptions and from a heterosexist perspective which made a good article disappointing in the end.

CHARLENE CREWS, TORONTO

RE: Air Canada attendants reject second deal, published Oct. 10 on metronews.ca

It deeply saddens and worries me to see the Harper government acting like a dictator in its excessive interferences in the labour disputes.

As the strike by flight attendants is looming, the government is threatening to come out with its stick and use it to force the employees back to work as if we live in a communist or fascist country.

ABUBAKAR N. KASIM, TORONTO

Afghan. Life



Afghan children enjoy a swing ride set up in a cemetery outside Sakhi shrine in Kabul, Afghanistan yesterday.

MUHAMMAD MUHEISEN/THE ASSOCIATED PRESS

Photo of the day

WEIRD NEWS

Who nose?

Simply blowing your nose could now produce energy-making results as scientists have discovered a way of converting human breathing into electricity.

Professor Xudong Wang and his team have made a tiny device that generates a small amount of electricity when a low-speed airflow such as human respiration passes over it.

The engineers at the University of Wisconsin-Madison used a special plastic named polyvinylidene fluoride that can produce an electrical

charge in response to a mechanical stress, a phenomenon known as the 'piezoelectric effect.' This plastic was small enough to be put inside a human nose.

"We calculated that if we could make this material thin enough, small vibrations could produce a microwatt of electrical energy that could be useful for sensors or other devices implanted in the face," Wang says. The engineer added that airflow from a human breath travels at less than two metres per second.

One microwatt of energy may sound minuscule but it is enough to power biomedical devices such as a heart pacemaker or a diabetic's glucose monitor.

● METRO WORLD NEWS

Hollywood horror

► Tinseltown loves to recycle ► It seems the horror remake factory is working overtime



► The Thing, opening this weekend, is one example of a horror remake.



**RICHARD
CROUSE**

SCENE@METRONWS.CA

Hollywood is so into recycling you'd think Al Gore was running a studio and green lighting movies. This year alone we've seen reimaginings, reboots and redos galore, from Straw Dogs and Footloose to Conan the Barbarian and The Mechanic.

It seems Tinseltown never met an idea it couldn't endlessly recycle.

This is particularly true in the horror genre. In the last 12 months, Colin Farrell clipped on Chris

Sarandon's used fangs in a remake of Fright Night, and this weekend, The Thing is, according to IMDB, "a prequel to a remake of an adaptation of the novella Who Goes There?" Whatever it is, original it's not.

Not that all original horror films are better than their remakes. David Cronenberg's dark vision enhanced the story of The Fly, delivering the real scares that the campy 1958 version lacked, and 1978's Invasion of the Body Snatchers is far creepier than its cinematic

predecessor.

The Blob, the tale of what happens when germ warfare goes awry, has been made a couple of times.

The original is an unintentionally funny flick with more giggles than gore, but it inspired a sequel, a remake and, if the rumours are true, a bloody revamp by horror maestro Rob Zombie.

I have a soft spot for the low-budget charm of the 1958 version, although the 1988 reboot has a smarter-than-it-needs-to-be script co-written by Frank

Darabont and a cool tagline — "Scream now! while you can still breathe!"

Count Dracula is one of the most portrayed characters on the big screen, having appeared in more horror films than any other famous monster of film-land. Eighty years after he first portrayed the vampire in the 1931 film Dracula, Bela Lugosi is still the most famous blood sucker of them all, although for my money, two British actors — Gary Oldham in Bram Stoker's Dracula and Christopher Lee in Horror

of Dracula — are tip-top Transylvanians.

Unlike his work in Scream, Wes Craven's early films didn't have any of the self-deprecating humour to go along with the scares.

His first movies were brutal, bloody and grim, usually all at once. Recent remakes of The Last House on the Left — rated R for "sadistic violence" — and The Hills Have Eyes — "The lucky ones die first!" — don't have quite the impact of the Vietnam era originals, but still require a strong stomach.

2

scene

Scene in brief



It's another honour for Taylor Swift. The country music superstar has been crowned Woman of the Year by Billboard magazine.

The 21-year-old multi-platinum singer-songwriter is the youngest to receive the award. The announcement was made Tuesday. She will be honoured at the 2011 Billboard Women in Music event in New York on Dec. 2.

THE ASSOCIATED PRESS



Why children of the '80s are so appalled by the prospect of a Footloose remake.

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Rihanna happy for her ex

► Two years ago Chris Brown pled guilty to felony assault on then-girlfriend Rihanna ► Now the 'Sexiest Woman Alive' says she wishes him all the best

Rihanna says she resented Chris Brown for a time, but has put that behind her and is happy that her former boyfriend has found success in music again.

Rihanna tells Esquire magazine that disliking Brown "was taking up too much of my time" and that she has moved on from that.

"It was too much anger," the 23-year-old said.

"I'm really excited to see the breakthrough he's had in his career."

Brown, 21, is serving five years of probation after pleading guilty to felony assault for the attack on Rihanna in the early morning hours be-

fore the 2009 Grammys.

Graffiti, the album he released 10 months after the attack, was a commercial disappointment.

But his latest release, F.A.M.E. (Forgiving All My Enemies), debuted at No. 1 on the Billboard 200 albums chart in March; it reached gold status and has multiple pop and R&B hits with songs like Look at Me Now and Deuces, among other tracks.

"It's incredible to see how he pulled out the way he did. Even when the world seemed like it was against him, you know?" Rihanna said.

"I really like the music he's putting out. I'm a fan of his stuff. I've always been a fan."



► Rihanna on the cover of Esquire's November issue.

Rihanna has done well musically, too: Her albums following the attack — Rated R and Loud — have both gone platinum, and she's releasing a new album, Talk That Talk, next month.

Whole package

Esquire named Rihanna as its Sexiest Woman Alive for 2011.

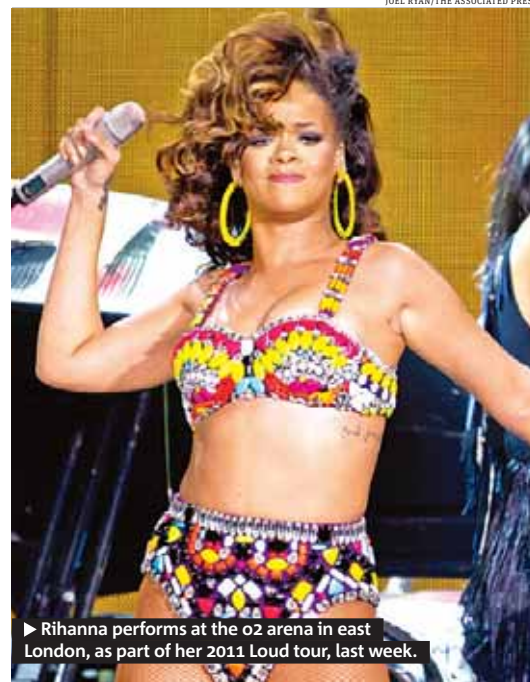
► The November issue of the magazine hits newsstands on Oct. 16.

Her latest single, We Found Love, is her 20th song to hit the Top 10 on the Billboard Hot 100 singles chart since she debuted in 2005.

Overall, she says she wants to see Brown do well.

"I would never wish anything horrible for him. Never. I never have," she said.

THE ASSOCIATED PRESS



► Rihanna performs at the O2 arena in east London, as part of her 2011 Loud tour, last week.

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The golden girls

► Meet the women behind the hit Fox comedy *New Girl* ► Series creator was afraid she wouldn't find a lead 'as weird as I am' ► Luckily, 'adorkable' Zooey Deschanel walked in the door



AMBER RAY
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METRO WORLD NEWS IN NEW YORK

Jess, the titular *New Girl* in Fox's new hit comedy, is one of a kind — she offhandedly references *Lord of the Rings*, constantly sings to herself, and does this little "hubba hubba" thing with her glasses when she sees a cute guy.

But bringing Jess to life took the work of two quirky kindred spirits, *New Girl* star Zooey Deschanel and series creator Liz Meriwether.

The women could be sisters.

At a press event before

the series' premiere, the pair both dress in a sophisticated, cool, "Oh, I just found this at the vintage shop" style, exchanging rapid-fire compliments that make the other equally excited and adorably embarrassed.

"Liz and I are, like, connected, our souls are connected. So when your souls are connected, you're

meant to do a show together," Deschanel says.

"I didn't think I could, you know, find somebody that's as weird as I am," Meriwether interjects.

"The first time that she came in [to audition], the feeling in the room was, just the second she opened her mouth to do this scene, everybody was like, 'This is a perfect match of character and actress.'"

ter and actress."

"When I read it," Deschanel adds, "I was like, 'I obviously need to play this part. This is me.' I mean, not actually me, but it is a part of me, a secret part."

And if there's any character I want to play forever



► The cast of *New Girl*

and ever and ever, it's this one. So I'm psyched. High five, Liz."

Meriwether's reaction? "Ah, I'm going to cry," she says.



► Zooey Deschanel

The show's plot

Zooey Deschanel plays Jess, an adorable, goofy girl who moves in with three guys after a bad breakup.

► The men welcome their new roomie in a little sister kind of way, trying to help her tone down her dorky tendencies and get back in the dating game.

► The comedy: "[Jess is] someone who expresses her emotions all the time ... which I think is a really great contrast with the other characters, who are less in touch with their emotions," Deschanel says. "A lot of the comedy comes out of that juxtaposition."

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Ashton and Demi playing happy families

► Couple hits the woods with their Kabbalah teacher
► Rumours still swirling about their relationship

Ashton Kutcher and Demi Moore spent the Yom Kippur holiday getting away from it all, camping near Santa Barbara, Calif. with their Kabbalah instructor in tow, according to Hollyscoop.

The couple didn't seem at all pleased when spotted by other campers, though. "Demi was screaming 'Please don't take photos of me or my family. Please don't expose this,'" a source says. "Once she knew she had



► Ashton Kutcher and Demi Moore

been photographed, she whistled at Ashton and gestured for him to hurry into the tent. It was obvi-

ous that Demi was showing the strain about the state of her marriage."

● METRO

Bump gossip

Jess to go public

ON A POTENTIAL MINI SIMPSON. After months of speculation, Jessica Simpson is reportedly gearing up to announce her pregnancy, a source close to Simpson's fiancé, Eric Johnson, tells Radar Online.

"It's still early in the pregnancy, and Jessica has decided to wait before sharing her happiness with her fans," the source says.

"But she has been-

gun telling family and friends the exciting news."

Simpson is expected to go public with the news as an exclusive for a magazine, the website claims.

● METRO

Up the Duff

HILARY'S AN INCUBATOR. Hilary Duff admits that pregnancy is proving to be a strange experience.

"It's literally like an alien has taken over your body. One day I'll have a good day, and one day I'll have a bad day, and it kind of goes like that," Duff tells MTV News.

Good day or bad, Duff has her suspicions about the baby's gender.

"Everyone else says it's a girl, but I think it's a boy. I'd be happy with a girl. I don't care what I get, but every time I think about it or dream about it, I see a boy," she says. ● METRO



Hilary Duff

Celebrity tweets



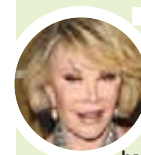
"If future historians look back 2 the blogs of our day 4 reference material it'll be a piss poor account of who we r. Or is that who we r?"

@JimCarrey



@JonahHill

"Every urinal has no-flush technology if you just don't care."



@Joan_Rivers

"I asked my grandson, Cooper, if he knew where babies came from. Very smart! He said, 'Of course...Brad and Angelina's house.'"



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The Chronicle Herald



Sham'rock and roll

► Matt Kelly is the drummer of the Dropkick Murphys, Boston's famous Irish-American punk rock band ► He shares his favourite spots for sports and soaking up Boston's Gaelic heritage



MATT KELLY
LIFE@METRONEWS.CA

I grew up 65 kilometres from here, so this is my capital city. My family all lives in the area — we're all New Englanders.

Where I live has a neighbourhood feel; you're in the city but you know your neighbours and the kids all play hockey in

the street. I've been to a lot more U.S. cities that are a lot more sterile, and this town has more of an old-world feel.

There's a lot of history here. I like the people. It's a walking city so you can walk from place to place; it's not sprawled out. I've been everywhere in the world and I love coming back. It's a unique place in the U.S. and in the world.



METRO NEWS BOSTON

► Boston is known for its strong Gaelic tradition.

First time?

There are tours you can take, from walking tours like the Freedom Trail as well as the Duck Tours that take you round the city then into the Charles River (bostonducktours.com). We have the USS Constitution, a ship that was used in the Civil War (ussconstitutionmuseum.org) near the monument where the battle of Bunker Hill was fought. There's the Institute of Contemporary Art down by the waterfront (icaboston.org) and a

wealth of great restaurants and bars and theatre in the south end and downtown.

The Faneuil Hall area is nice, especially if you're coming in the fall or winter. They really dress it up for Christmas.

TIM GRAFFT/METRO NEWS



► USS Constitution

Stay

When our guys come to town they stay at Hotel Commonwealth.

It's on top of a spot where the Rathskeller Club used to be, which was where the Ramones played their first show in Boston.

So I have a little vendetta against them, only for that though, because I wish that we had the Rathskeller Club still.

Apparently the hotel treats the guys right. Check out the website at hotelcommonwealth.com.

Sports!

Take a tour of Fenway Park, our baseball stadium, which I believe is the oldest in the country (boston.redsox.mlb.com).

Ken, our bass player, is involved with a place called McGreevy's. McGreevy was a fellow who owned the original sports bar down in the Fens around the turn of the last century and they resurrected that bar and it has a lot of decorations from the original bar — it's almost like a Red Sox and baseball museum



KEVIN DU/METRO NEWS

► McGreevy's has fantastic chicken wings.

with photos, trophies and banners. You can also get a good pint of

Guinness and fantastic chicken wings (mcgreevysboston.com).

Live music

There's great independent clubs here, like the Middle East café (mideastclub.com), O'Brien's (obrienspubboston.com), and The House of Blues, with live music every day of the week (houseof

blues.com). Great Scott is one of my favourites. There's a lack of mid-sized clubs and it holds about 250, so it's great for bands that are just breaking out of the bar scene. Every night of the week you can find live music (greatscottboston.com).



► House of Blues

3

life

Travel in brief



The South will rise again — at least on the New York City restaurant scene. According to the 2012 Zagat guide to city dining, Southern food tops this year's trends, thanks to newcomers like Marcus Samuelsson's celebrity magnet Red Rooster and The Cardinal, an East Village eatery dishing up okra, smothered pork chops and fried green tomatoes. Other trends include on-site gardens providing roof-to-table ingredients.

THE ASSOCIATED PRESS



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Cowichan Valley a bit of paradise

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA



Who knew unassuming Vancouver Island is actually becoming world-class wine country, with quality grape-growing soil rivalling that of Italy and Northern France?

After arriving in picturesque Cowichan Valley, I was shocked to learn there are nearly 20 first-class boutique wineries in the area. It almost resembled Napa Valley, as I drove past

rolling hills of well groomed vines. In fact, with its warm summers and trademark wet and mild B.C. winters, the area is perfect for growing Pinot Noir and Pinot Gris Grapes, which is why new wineries are sprouting up every year.

Cowichan Valley itself is a great little paradise nestled among towering old growth forests, quiet beaches and meandering rivers. Combine that with some good vino and you've got yourself a winning combination. Centrally located between the cities of Victoria and Nanaimo, there is also no shortage of outdoor fun. I found myself surrounded by curious seals one morning as my one-man kayak skimmed the calm Pacific Ocean in front of the cosy Ocean Point Ho-

tel in Cowichan Bay. These friendly little guys (almost looked like a pack of puppies poking their heads up) were all around my vessel. It was a very cool way to spend a morning.

No trip to wine country would be complete without sampling the product. I was impressed by my visit to several wineries in the area, including Averill Creek vineyards, which happens to be the largest on the Island. I found myself sipping a very palatable Pinot Noir reserve on the slope of Mount Prevost, while taking in the spectacular view of Cowichan valley. It felt like I was sitting in Napa, only without the pomp and the prices. Nothing like a relaxing weekend exploring the best kept secret in B.C.

PHOTOS: DARREN PARKMAN/METRO NEWS



► Cowichan Valley is home to nearly 20 first-class boutique wineries.



► There is no shortage of outdoor fun in Cowichan Valley.



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Drink of the week

The Canadian Mint

As an evening with friends and family winds down, there is nothing more relaxing than a holiday nightcap. This hot toddy with a Canadian twist will warm your soul and lift your spirits.

- 10 loose mint leaves, plus extra for garnish
- 15 ml (1 tbsp) simple syrup (recipe follows)
- 45 ml (3 tbsp) Canadian whisky
- 90 ml (3 oz) hot water

Place mint in heat-proof glass. Add syrup and muddle gently. Add whisky and top with boiling water. Stir and serve with mint sprig.

To make simple syrup: Bring equal parts sugar and water to a boil. Stir to dissolve and then let cool.

THE CANADIAN PRESS/GIBSON'S FINEST CANADIAN WHISKEY



TV's Stefano Faita keeps it simple in the kitchen

► Host of *In the Kitchen With Stefano Faita* shares his recipe for Creamy Mixed Mushroom Lasagna ► Show puts emphasis on wholesome, easy & fresh eats inspired by his family

This lasagna, made with creamy bechamel sauce, is indulgent. "I love all kinds of mushrooms, so it's a nice lasagna with all the mushrooms and bechamel and cheese. It's pretty simple but really delicious," says Stefano Faita, host of CBC-TV's weekday afternoon show *In The Kitchen with Stefano Faita*.

He adds that it's a great entrée to serve to friends at a dinner party.

Preparation:

- 1 In saucepan, melt butter over medium heat. Add flour and stir to combine to make a roux. Continue to cook and stir, 2 to 3 minutes. Gradually whisk in milk, making sure to incorporate the roux into milk. Continue to whisk mixture and bring to a boil. Reduce heat and simmer, whisking frequently, until sauce is thickened, about 10 minutes.
- 2 In bowl, soak dried mushrooms in warm water for 20 mins. Drain. Chop and set aside.
- 3 Heat 2 large skillets over medium heat. Add 30 ml (2 tbsp) olive oil and 30 ml (2 tbsp) butter to each pan. Divide onion and garlic between 2

pans. Cook until they begin to soften, 2 to 3 minutes.

- 4 Increase heat to medium high and divide fresh mushrooms and chopped herbs between the 2 pans. Sauté mushrooms until golden brown, 8 to 10 minutes. Add chopped dried mushrooms and continue to cook for 2 minutes. Deglaze pans with white wine and cook until most of the wine has evaporated.

- 5 Heat oven to 190 C (375 F). Then in a large saucepan of boiling salted water, cook sheets of lasagna in batches, 3 to 4 sheets at a time, until al dente. Immediately plunge them into cold water to stop the cooking process and transfer to a clean towel in a single layer to drain.

- 6 Butter 20-by-30-cm (8-by-12-inch) baking dish.
- 7 To assemble lasagna: Add a few tablespoons of bechamel to lightly

cover bottom of baking dish. Add, in layers, 2 lasagna sheets, about a quarter of the mushroom mixture, a quarter of the remaining bechamel sauce, 30 ml (2 tbsp) grated Asiago and 30 ml (2 tbsp) grated Parmesan cheese. Repeat 4 times, adding cheese every other layer. For the top layer, finish with just grated cheese, about 125 ml (1/2 cup) of Asiago and 125 ml (1/2 cup) of Parmesan cheese. Add more

Ingredients:

Bechamel Sauce

- 75 ml (1/3 cup) butter
- 75 ml (1/3 cup) plus 15 ml (1 tbsp) flour
- 1.25 l (5 cups) milk
- Salt and freshly ground pepper, to taste

Lasagna

- 60 g (2 oz) dried porcini mushrooms
- Extra virgin olive oil
- Butter
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 kg (2 lb) fresh mixed mushrooms, such as cremini, shiitake and oyster
- 15 ml (1 tbsp) chopped fresh rosemary
- 30 ml (2 tbsp) each chopped thyme and sage
- 75 ml (1/3 cup) plus 15 ml (1 tbsp) white wine
- Salt and freshly ground pepper, to taste
- 10 fresh lasagna sheets
- 250 ml (1 cup) each grated Parmesan and Asiago cheese
- 30 ml (2 tbsp) chopped fresh parsley

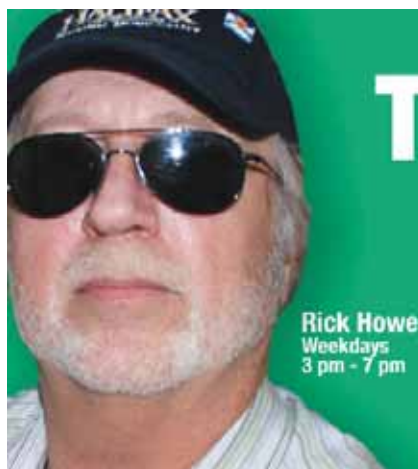
cheese if you like.

- 8 Bake until filling is bubbling and cheese is golden brown, 35 minutes. Let lasagna rest before cutting. Sprinkle with parsley and serve.

THE CANADIAN PRESS



► This recipe makes eight to 12 servings.



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WELCOME TO A FULL BODY APPROACH TO BEING HEALTHY.

As more people try to eat right and exercise regularly, the movement to stay healthy is constantly refreshing itself with new ideas and products to improve personal wellness. Many of these approaches will be on display this weekend at the Wellness Expo in Halifax.

"We've got the latest and greatest in health, wellness and personal growth," says Shivaraj Ishaya, Expo organizer. "Wellness incorporates not only feeling good in the body; but it also means feeling at peace and being happy and feeling

good about life. When you're feeling good in your body and in your mind, that's wellness."

More than 80 exhibitors and practitioners will be on hand at the 13th edition of the Wellness Expo in Halifax this weekend, featuring treatments and techniques that might be new to some people and are well established with others.

This includes naturopathic doctors, massage therapists, aromatherapy and homeopathy practitioners to name just a few.

Returning to the Expo this year are the popular live mini-sessions and seminars held by some of the practitioners. This allows visitors to see and participate in some of the services they're thinking of trying. A schedule of live events is

posted online at wellness-expo.com.

The need for wellness services today is absolutely essential and increasing, says Ishaya. "We're constantly connected; we rarely take time to just be quiet to be alone, to be in nature and to rejuvenate ourselves. It's always just go, go, go. We're a productivity-driven society; these things take their toll over time."

Ishaya says part of the toll shows up in our thinking. "A lot of people find that their mind's not right. When you think negative thoughts, your body reacts in a

way that is toxic, and over the years that builds up and creates diseases."

The Wellness Expo takes a full body approach to being healthy.

"Come here and you'll refresh your body, mind and spirit," says Ishaya.

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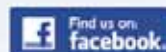
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CASSAROMA EMPOWERS PEOPLE TO HEAL THEMSELVES



The mission at the Casaroma Wellness Centre in Dartmouth is simple, according to co-owner Laurena Fisher.

"We want to empower people to heal themselves. That's our whole mission: To give people the tools to heal themselves

and to believe in themselves to go forward in a positive way."

One of those tools is Aromatherapy, which uses natural oils to produce healing scents. "It helps the body go in the direction of your choice," says Fisher. "If you're trying to do weight loss, it works with the brain to help increase the necessary hormones and chemicals to boost metabolism."

Casaroma's clients can also learn how to mix scents themselves for physical conditions such as arthritis, multiple sclerosis, stress, and chronic fatigue.

"It's on-the-edge kind of stuff, which is

non-invasive but we really do get good results," says Fisher, who will be at this weekend's Wellness Expo in Halifax.

Other wellness services offered at Casaroma include massage, biofeedback and Reiki, which involves working with the energy that surrounds a person.

Fisher and the Casaroma Wellness crew don't diagnose or cure disease but, "We do help people become very content with their lives," she says. "It makes a difference in their lives; how they behave with their children or with a colleague.

"It is so satisfying to watch somebody grow, that's what I love about it."

'THIS ISN'T JUST TRENDY WATER'

There's a new type of water available in the Maritimes, and it's said to be good for your body, your home and for your animals.

"This isn't just trendy water," says Duane Chappell, owner of Optimal Water Solutions. "This water is revitalized and it's used in hospitals throughout Europe and in many types of businesses including cooling systems. The Grandeur technology has been used to clean up polluted lakes in Europe where today, fish are jumping and ducks are swimming all around."

Grandeur Water Technology was developed in Austria by naturalist Johann Grandeur. His process revitalizes water by changing the structure of molecules and

returning them to their original, correct order.

This helps the human body, according to Chappell. "The water is absorbed better and deeper into the cells, which actually will loosen up toxins and flush them out of the system."

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The revitalized water makes cleaning easier and more thorough and when given a choice, farm animals will go for revitalized water every time.

Chappell will be at this weekend's Wellness Expo in Halifax where visitors can try the water and learn more about it.

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Seminar Schedule Saturday, October 15

Room A

Anti Aging: The New Surgical Way Tanya Stewart, Master Medical Esthetician *** Learn how to prevent & correct the signs of aging skin.	10:30
The Benefits of Massage Therapy Jennifer Stuart, RSC, RMT	11:15
MindGrip: Activate Your Mind's Potential Dr. Daniel Barry, B.Sc., M.D., Ph.D., BPA, CBR MindGrip Inst. MindGrip is a method that teaches the participant to tap into faculties of the creative and intuitive mind not normally accessible to our everyday state of mind.	12:00
KEYNOTE SPEAKER Make More Money, Have More Free Time and Live Life with Passion! Joshua Hayward *** Discover the three biggest keys to being massively successful at anything you choose, and how to monetize your passion!	12:45
Earth's Ascension and Light Crystals of the New Age Peter Schmitt *** The talk will touch on how crystal energies have been used in the past and present to raise consciousness and energies on the planet through various aspects.	1:30
Natural Medicine and Acupuncture for Women's Disorders Dr. Diana Tang Li, Dr. AC, Dr. TCM, MD (China), ND (DNM), Ph.D. Learn about natural methods of treating a number of women's disorders including menopause, weight problems, menstrual pain, and more.	2:15
Psychosomatic Health through Chakra Therapy Dr. Ray Miller CHAKRAS & PSYCHOSOMATIC HEALTH *** Learn a brief but Chakras are affected by our mental emotional state impacting our health at physical and physiological level.	2:40
Can Angels Help You in Your Everyday Life? Karen Forster	3:45

Room B

Optimizing Your Energy Cassandra - Lee *** Explore the effects food, stress, colour, music and our own attitudes have on our energy fields and health.	10:30
Stop Stress Now Mikha Masina *** Experience a practical and proven method to stop your automatic reactions to stress—at will.	11:15
Consciousness Training with Shiva Shiva Shiva *** Learn the one concept and practice that will erase years of pain and suffering.	12:00
There is no invisible - Healing on the spiritual path Rebecca *** Experience a healing power that can help and heal. Many people have been helped by this sacred knowledge as taught to us by the late Bruce Downing.	12:15
Put some LIFE in your Water Diet with Sprouts! Georgia Barakat, B.Sc., M.Sc., D.M., NACF Living Food Educator and Consultant Learn about the benefits of growing your own food and how you can easily bring goodness to the table with dehydrating and fresh greens. Bring with sprouts.	1:30
IET Al Radwin *** Emotional Freedom Technique (EFT), sometimes called Meridian tapping technique is a simple yet powerful technique that anyone can learn, that allows you to eliminate unwanted emotions that keep you from being as happy as you would like to be.	2:15
Getting More Comfortable in the Skin You're In Terry Gosselin *** Learn to appreciate your unique personality, complete with face reading demonstration using volunteers from the audience.	3:00
Check Website TBA	3:45

Seminar Schedule Sunday, October 16

Room A

Check Website TBA	10:30
Treating Allergies using Natural Medicine Dr. Franklin Chien, Dr. AC, Dr. TCM, MD (China), ND (DNM), Ph.D. *** Discover how to detect and eliminate food sensitivities and allergies, learn the connection between allergies and your immune system and explore how sensitivities can affect your whole body.	11:15
Consciousness Training with Shiva Shiva Shiva *** Learn the one concept and practice that will erase years of pain and suffering.	12:00
KEYNOTE SPEAKER Make More Money, Have More Free Time and Live Life with Passion! Joshua Hayward *** Discover the three biggest keys to being massively successful at anything you choose, and how to monetize your passion!	12:45
Earth's Ascension and Light Crystals of the New Age Peter Schmitt *** The talk will touch on how crystal energies have been used in the past and present to raise consciousness and energies on the planet through various aspects.	1:30
Optimizing Your Energy Cassandra - Lee *** Explore the effects food, stress, colour, music and our own attitudes have on our energy fields and health.	2:15
Mind Body Acupuncture Joseph Barry *** This will be an interactive session focused on Mind Body Acupuncture which is a huge therapy on the West coast and now is here in Nova Scotia with an ongoing training and home at the Canadian College of Acupuncture and TCM.	3:00
What is Women's Medicine? Zelma Grant - LDC Grandmother *** Learn Wisdom: Teachings of the Ancient Sages from the Celestial Clan Mothers of the Divine Feminine Aspect of Creation.	3:45

Room B

Time for a Financial Check-up? Ryan Zdziarski *** Finance is a key trigger for stress. I would like to discuss the importance of financial planning and how it can help reduce stress and improve your life.	10:30
Staying Calm in a Turbulent World Mark Nunn, Dr. NLP, Dr. PNL, Dr. PNL, Dr. PNL *** It can be a real challenge to achieve and maintain a peaceful mind amidst today's troubled world particularly when it is so easy to feel anxious, stressed, fearful or overwhelmed. Learnings that, when understood, only make your circumstances of mind more. Come and hear about Advanced Holistic ways you can empower yourself to become more in charge of how you feel, regardless of what is happening around you.	11:15
Check Website TBA	12:00
Check Website TBA	12:45
Healthy Living to 100! Dr. Clayton Beach *** You can learn how people are living longer and with a better quality of life. During this workshop Dr. Clayton will apply the techniques he uses with his patients on improving quality of life and will apply them to the people in the room.	1:30
Check Website TBA	2:15
Intuitive Tea Leaf Reading Joan Kipp *** Demonstration of the process involved in Tea Leaf Reading.	2:00
Check Website TBA	3:45

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STUDENT VOICE

KRYSTAL YEE
TALENTEGG.CA

I graduated in 2006 from the Applied Communication Program at Camosun College in Victoria, B.C. It is a two-year program focusing on graphic design, journalism, broadcast radio, television and photography.

During my program, it

seems so cliché to say that I worked hard, but I worked harder than I ever have before because I knew that once I left school with my two-year diploma, I'd probably have to be twice as employable as the graduate who held a degree.

My strategy from the first day of school was to focus on a marketing career. So even though I didn't take a marketing program, all of the skills I was learning were directly applicable to any job within the marketing realm.

My passion has always been writing, but I did not want to specialize in anything and potentially pigeon-hole myself before I even landed my first job. So by opening up my skill-set I felt like I could fit into whatever position was needed within a large marketing department, or I could be the go-to person within a smaller company.



► Krystal Yee

Like most students, once I graduated, I had a huge pile of student loan and credit card debt to deal with. I knew I needed to get a job and eliminate my debt as fast as possible, so I kept my ear to the ground and started networking like crazy.

One day, I got word from a friend that there was an unadvertised open-

ing for an entry-level clerk position within the provincial government. I wasn't interested in being a clerk, but I decided to apply for the job anyway in order to practice my interview skills.

It turns out they were actually looking for someone with my kind of marketing skills — they just didn't have the budget to have the position classified as anything higher than a clerk. It was the break that I had been waiting for. I snapped up the job on the spot and started the very next week.

It was also around that time that I started blogging online. I created my website, Give Me Back My Five Bucks (givemebackmyfivebucks.com), as a way to hold myself accountable for my debt, and to give myself an outlet for writing. It was because of my blog that I was able to elim-

inate all of my debt within 12 months.

Even though I only have a two-year diploma, I feel like I have been relatively successful in the last five years. I don't have any remarkable skills, a huge network of influencers, or a lot of education to back me up but I've been able to succeed because of my hard work, determination, and the ability to create opportunities for myself.

When you are fresh out of school, all you need to

focus on is getting your foot in the door. Normally, entry-level positions are not glamorous. In fact, it might not look anything like the dream job you've been imagining — but that's OK! We all have to start somewhere. Do a good job with every task you are assigned, work hard, and be proactive in asking for more responsibility.

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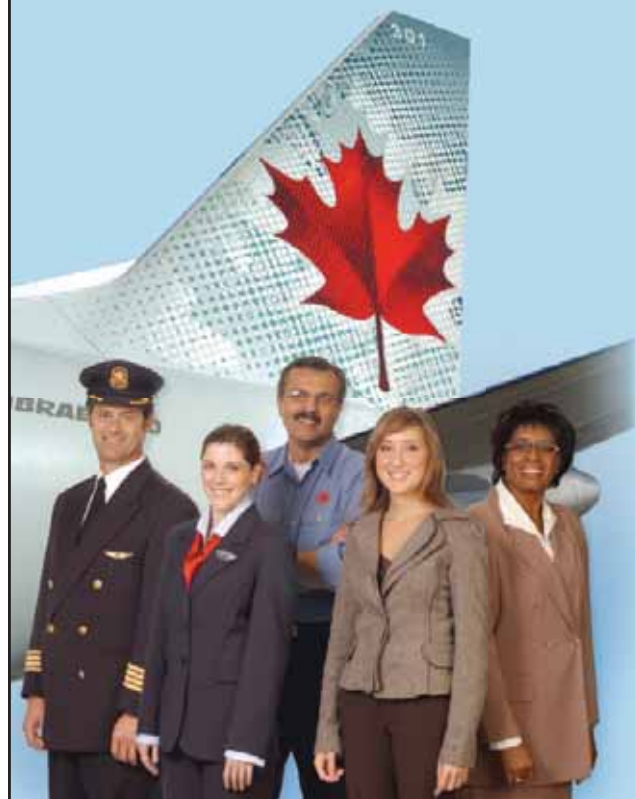
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WEDNESDAY, OCTOBER 12, 2011

Zombies

Unearthed!



► Participants in the 2010 Halifax Zombie Walk in August.

Zombie love is a no-brainer

► Move over, vampires ► Zombies are everywhere and rising in popularity ► Soon to be kings of the undead



PHYLICIA TORREVILLAS
@METRONEWS.CA

Sparkly vampires are all the rage right now, but zombies are knocking their fellow legions of the undead from their pedestal.

From zombie walks being held in cities across the world to television shows, video games and numerous books hitting the stores, people's fascination with zombies is spreading like a plague.

"Zombies have the upper hand," says University of B.C. film studies profes-

sor Ernest Mathijs, whose specialties include horror and fantasy film.

"Zombies are a kind of ingredient you can add to any cultural product and make it look slightly different," he said. "It will turn it into a funny parody of contemporary cultures, and somehow that appeals to cultures across the globe."

The idea of zombies originally came from the voodoo culture in Haiti. The word "zombi" was used to describe a brainless slave labourer raised from the dead by a bokor, or sorcerer.

"If zombie narratives go further in investing zombies with some capacity for personality and depth of characterization, it will probably come closer to being a variance on vampire stories."

PROF. GISELE BAXTER, UNIVERSITY OF BRITISH COLUMBIA

The now-familiar modern zombie was popularized and turned into a phenomenon in 1968 by way of the unexpected popularity of director George Romero's low-budget horror classic *Night of the Living Dead*.

Gisele Baxter of UBC's English department, who specializes in gothic cul-

ture and post-apocalyptic fiction, says Romero's film took the horror genre one step further.

"Romero was influential in spawning everyday horror that doesn't deal with mad scientists or externalized threats, but deals with threats we associate with nightmares, personal threats and very primal

fears," she says.

The audience identifies with zombie stories because people today are fascinated and fearful of the possibility of an apocalypse, widespread annihilation or a viral pandemic, Baxter says.

The metaphorical possibilities and themes inherent in zombie stories also appeal to modern filmmakers because they can experiment with notions of what people would do to survive in a kill-or-be-killed world.

Both Mathijs and Baxter have been fascinated by the emergence of new, creative

ways of incorporating the zombie factor into popular culture. One recent innovation is the spoof novel *Pride and Prejudice and Zombies*, which is being adapted into a film.

"When you think of *Pride and Prejudice*, the last thing you think about is zombies," Baxter says.

"The juxtaposition of these immensely different things really fascinated people. Then it spawned a lot of copycat titles, which is very impressive because people found the energy and imagination to do anything with these titles."

Walking dead rising with a vengeance

Zombie culture is on the rise, so to speak, in the HRM.

Joni Crocker, an organizer with Hal-Con, Halifax's science-fiction convention, says that, just as zombies crave brains, Haligonians thirst for everything zombie-related. From dressing like them to learning how to fight them, the culture has infected the region.

Halifax's Zombie Walk has been growing steadily

over the years. It attracted about 100 brain-seekers in 2009, and its attendance has been doubling every year.

"There are a lot of zombie fans in Halifax," Crocker says. "The zombie walks have been huge, and this year was the biggest. There were zombies everywhere."

Crocker also referred to a global Facebook group called *The Hardest Part of*

the *Zombie Apocalypse Will Be Pretending I'm Not Excited*, which has more than 33,000 likes.

Although Crocker knows a lot about the living dead, she would be quick to grab a shotgun during a zombie attack.

"I'm pro-humanity. I want humanity to win, not the zombies."

She said a workshop on surviving a zombie apocalypse will return to Hal-

Con this year, mentioning it was moved to a bigger venue last year because there was so much interest.

Crocker is also organizing a panel to discuss zombies in popular culture, with dates and times to be announced. **ALY THOMSON**

.....
Chris Alexander of Fangoria magazine lists his top 5 zombie flicks at metronews.ca/zombies



► A participant in the 2011 Halifax Zombie Walk in August.

SURVIVE A ZOMBIE OUTBREAK

► Just in case you happen to find yourself face-to-face with the undead, here's what you shouldn't do



CHRIS ALEXANDER
SCENE@METRONEWS.CA

It's remarkable how the living dead have defined the post-millennium zeitgeist more than any other pop-culture entity.

From Max Brooks' best-selling novel *World War Z* (an upcoming film adaptation will star Brad Pitt) to a glut of first-person shooter videogames to mainstream television with AMC's *The Walking Dead* (now in its second season), the zombie has mysteriously reached the peak of his popularity.

But it's been a long, slow progression, a road littered with taboo and terror, and most of it can be traced back to the brain of one man, the master of zombie lore, George A. Romero.

It was Romero who, in 1968, took the basic thrust of Richard Matheson's shattering vampire apocalypse novel *I Am Legend* and brought the dead back to life with his game-changing black-and-white masterpiece *Night of the Living Dead*.

That film would spawn a series of rip-offs, sequels (Romero directed *Dawn of the Dead* in 1978 and followed that with four more *Dead* pictures; *Dawn* was remade in 2004) and eventually spoofs like Edgar Wright's smash-hit comedy

"Look around, look everywhere, and you'll see evidence of the zombie phenomenon surrounding us, trapping us, ready to eat us alive."



► George Romero

Shaun of the Dead.

Look anywhere, look everywhere, and you'll see evidence of the zombie phenomenon surrounding us, trapping us, ready to eat us alive.

And that is what's so spooky about the concept of the zombie. They're us, back from our final rest, hungry to devour the people we once loved. Zombies are ugly, grotesque shadows of their former selves. They smell bad, as all their parts have long soured. And they're lethally dumb, driven only by an instinct to kill.

Zombies are not nice, and if, by some sort of biologically bad stroke of viral luck, Romero's fantastical prophecies were to come true, if mankind were to suddenly be under siege from a revolution of the dead ... what would we do?

Or more importantly, what shouldn't we do?

Metro thought long and hard about this and, using commentary from George Romero and his frequent collaborator, iconic FX wizard, director and actor Tom Savini, we now offer you a selection of "do nots" in the face of a potential zombie-geddon.



► The Walking Dead

Do not. Attempt to out-swim the dead



► Land of the Dead

Zombies aren't bears. As a few unfortunate characters in Romero's 2010 horror-western *Survival of the Dead* discover, they aren't afraid of the water

When rogue SWAT cops go for a dip to escape the ghouls, they soon discover the dead — who, remember, don't breathe — are excellent swimmers and have no problem eating whilst underwater.

Romero: I had underwater zombie stuff in *Land* and *Diary* but really played with it here. There is a lot of humour in *Survival*, but it's also really melancholic, less free-and-easy. Though at this stage of my life, I'm thinking of calling the next one — if there is a next one — *Enough of the Dead!*

Savini: Forget swimming. I go where there are places to run and things to hide behind, maybe up high, where I can blast away at them and they can't get to me.

See also: *Zombie* (1979) the Italian *Dawn* ripoff that sees an underwater zom attack a shocked skinny dipper before doing titanic battle with a great white shark!

Do not. Take the elevator

In Romero's incredibly influential 1978 epic *Dawn of the Dead*, a handful of survivors land their helicopter on the roof of Pittsburgh's Monroeville Mall and block out the corpses, creating a Shangri-la of material bliss.

But when the ghouls gain entrance as they always do, chopper pilot Fly Boy (David Emge) stupidly takes the lift. And when those doors open up, a horde of flesheaters burst in and ride with him. The following scenes are gory and should serve as a warning to potential zombie survivalists to always take the stairs.

Romero: *Dawn* is a romp, and I think it's the most entertaining of all the *Dead* films. I really cut loose and did it as "comic book," as I wanted to do it. But when Fly Boy gets it there's tragedy in there too.

Savini: The other thing *Dawn* teaches you is that your friends should not know where the hell you're hiding, just in case they become zombies with good memories.

See also: *Resident Evil* (2004), in which military types take an elevator to hell and encounter subterranean zombies of both human and canine persuasions.



.....
Think you'd be the last one standing in a zombie uprising? Try our quiz at metronews.ca/zombies to find out how you'd fare.



► Survival of the Dead

Do not. Upload your homemade zombie footage to YouTube

2007's *Diary of the Dead* saw Romero doing the faux-documentary approach with a bunch of contemporary, tech-savvy kids shooting the zombie outbreak with their camcorders and sticking the resulting mess onto the Internet.

Of course, in their mad quest to "shoot the dead" they forget that cannibal corpses don't give a damn about their 15 minutes of fame, and most of them get gobbled up, regardless of their cinematic pretensions.

Romero: *Diary* is about that eye in the sky that's watching us all and us pretending the problem doesn't exist. Never a good thing.

See also: *The Zombie Diaries* (2007) is a similar first-person British movie where members of a crew try to film the unfilmable and end up players in their own drama.



► Diary of the Dead

Zombify your look for Halloween

► Achieving a gory zombie look — complete with sunken eyes and rotting flesh — may seem like a daunting task ► But professional makeup artist Dorota Buczel shows you how to pull it off in five easy steps

Do you want to look like you just stepped off the set of Night of the Living Dead this Halloween? You'll need: liquid latex, tissue paper or cotton balls, multi-colour makeup kit (white, black, green), fake blood, white powder or baby powder, tooth stain, charcoal powder, brushes and a sponge. **PHOEBE HO**

SUBMITTED



► Makeup artist Dorota Buczel with her creation.



Step 1

Apply liquid latex over clean skin to create the effect of peeling skin and wounds. For a more dramatic effect, you can mix cotton or pieces of tissue paper with latex. Once the latex dries, start peeling the edges to get the desired effect.



Step 2

With a makeup sponge, add a grey or greenish crème makeup base to the entire face, neck and any other exposed skin. All areas of flesh must be covered in makeup. Pay close attention to the jawline, hairline and hands.



Step 3

Use the black or dark grey colour from the multi-colour makeup kit and apply shadows with a sponge or brush around the eyes and cheekbones to achieve a sunken-in look.



Step 4

Add fake blood for desired effect and apply tooth stain.



Step 5

To create wrinkles and creases, squint and pucker up your lips while you apply white powder around your eyes and lips with a sponge.

ALL PHOTOS CONTRIBUTED



BRAAAAINS!



We picked metropolitans' brains about zombies, and here's what they had to say:

The best Zombie Movies ever made were:

Night of the Living Dead

Shaun of the Dead

Resident Evil



If you were faced with it — what would your weapon of choice be to fend off a Zombie attack?

1. Flamethrower
2. Lightsaber
3. .22 cal Assault Rifle

Top Canadian Metro City to escape to in a Zombie apocalypse?

Vancouver!

Which Canadian would make for the scariest Zombie?

Don Cherry

If a loved one was being mauled by a Zombie horde, what would you do?

Help fight off the Zombies with my weapon of choice

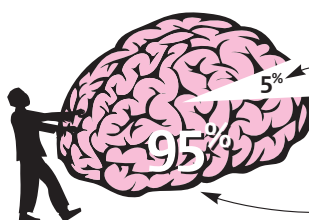
63%

Kill them before they turn into a Zombie

29%

Turn tail and run for my life!

8%



In a Zombie apocalypse, would you go it alone or build a team?

Solo Team

If you were part of a team, what role would you play?

The Strategist
Sidekick
Team Leader

Who would you want on your Zombie fighting team?

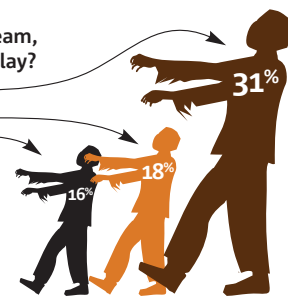
1. Chuck Norris
2. Samuel L. Jackson
3. Lara Croft

What is your favourite type of Zombie?

Slow-moving Zombie

Where would be the scariest place to fight a Zombie horde?

Airplane



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Source: Metropolitan Panel Survey; 439 Respondents; October 2011

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**ZOMBIE
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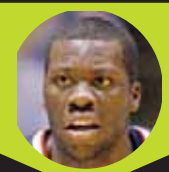
4 sports

More sports

Will Blalock

The former Detroit Pistons guard has signed with the Saint John (N.B.) Mill Rats of the National Basketball League of Canada. Blalock, a former second-round NBA draft choice, played 14 games with the Pistons in 2006-07 before pursuing his career overseas.

METRO



Denham Brown

The Oshawa (Ont.) Power of the fledgling National Basketball League of Canada has signed Brown, a member of the Canadian national team. The six-foot-five shooting guard from Toronto played at the recent FIBA Americas Championship in Argentina, averaging 6.6 points per game.

THE CANADIAN PRESS

Abeltshauser heats up with plenty of ice

Few QMJHL players have logged as much ice time as Konrad Abeltshauser over the past three seasons.

Although the league doesn't clock ice time, it's safe to say the 19-year-old has regularly logged in the range of 25 minutes a night since joining the Halifax Mooseheads in 2009.

"I've had a lot of ice time every year so far," said Abeltshauser, who was a top junior in Germany be-



RYAN TAPLIN/METRO FILE

fore coming to Halifax.

"That's something really important for young players and that was the biggest influence coming over here. In Europe, you're playing pro at my age, third, fourth

"They want me to play more aggressive to get myself more room and to get more respect from the other players ... be tough to play against in my own zone."

KONRAD ABELTSHAUSER, ON THE SAN JOSE SHARKS' EXPECTATIONS FOR HIM THIS SEASON.

line. Here, you just get so much ice time."

The Herd are benefiting from their investment in the six-foot-five 217-pounder. Since returning from NHL training camp in

San Jose, Abeltshauser has piled up two goals and seven assists for nine points in six games and was recently named the QMJHL's second star of the week.

After seasons of 25 and

27 points, Abeltshauser — who quarterbacks the Mooseheads' power play — appears poised to join the league's top scoring defencemen. In likely his last QMJHL season, he's also trying to be more aggressive.

"I just want to help the team offensively and improve my overall game, too," he said. "You should never stop improving ... so I'll do my best."

● MATTHEW WUEST

Preparing to take the plunge

► Tigers hope to take big step in rebuild ► Last won national bronze in 2004 ► UNB Varsity Reds, St. F.X. X-Men considered conference favourites

NICK PEARCE/DALHOUSIE ATHLETICS



MATTHEW WUEST
@METRONEWS.CA

It's been some time since the Dalhousie Tigers were talked about as an Atlantic University Sport men's hockey contender.

But after crawling out of the basement and ending a miserable six-year playoff absence last season, the Tigers are hoping they finally will be included in that conversation.

Dalhousie finished sixth among eight teams last season with a 13-15 record before being swept in the first round by the AUS champion St. Francis Xavier X-Men.

"Last year, we put our toes in the water," said head coach Pete Belliveau, who took over the Tigers prior to 2008-09 and improved their win total from four, to eight, to 13.

"This year, we definitely want to dive in and stay in the water a long time and make a little bit more noise."

Twenty players are back from last season's roster. Returnees combined for 86 of Dalhousie's 91 goals in 2010-11, including 15 from first-team all-star Benjamin Breault. Starting goaltender Bobby Nadeau is entering his third season.

Although the Tigers only recruited a handful of players, fifth-year transfers David MacDonald and Zach Firlotte immediately became the squad's top two defencemen.

MacDonald, a two-time



► Benjamin Breault led the Dalhousie Tigers in scoring and was third in the AUS last season with 41 points in 26 games.

AUS all-star, transferred across town from the Saint Mary's Huskies, while Firlotte is a former Acadia Axemen stalwart.

"In my four years here, it's our strongest blue-line in terms of mobility and experience," Belliveau said. "Our team became that

much better with MacDonald and Firlotte leading our brigade."

Belliveau, who won a national championship with the Moncton Aigles Bleus in 1995 and enjoyed great success with the Lakehead Thunderwolves, had a five-year rebuilding plan when

he took over at Dalhousie. This will be the fourth year.

"We think we can go from sixth to, I would dare say, third, fourth, middle of the pack," Belliveau said. "The whole 28 games is a playoff in itself. We have to show up every night and stay healthy."

Tigers host Tommies in opener

A full slate of games is on tap for the AUS opening weekend.

The Dalhousie Tigers host the St. Thomas Tommies on Friday and the Moncton Aigles Bleus on Saturday. Both games are at 7 p.m. at Memorial Arena.

The Saint Mary's Huskies, who followed up their 2010 national title by going 18-9-1 and losing in the AUS semifinals, visit the UPEI Panthers on Friday and the UNB Varsity Reds on Saturday. ● METRO

Ex-Moose in AUS

Mooseheads alumni playing AUS hockey this season:

- D Gabriel O'Connor, St. F.X. (first year)
- D Pascal Amyot, Halifax (first year)
- C Yuri Cheremetiev, St. Thomas (second year)
- D R.D. Chisholm, St. F.X. (second year)
- D Ben MacAskill, Dalhousie (second year)
- LW Mike MacIsaac, UPEI (third year)
- D Graham Bona, Acadia (third year)
- RW Shawn O'Donnell, Saint Mary's (third year)
- C Colby Pridham, Saint Mary's (fourth year)
- RW Bryce Swan, St. F.X. (fourth year)

Crosby still waiting for full-contact clearance

► Pens return from West Coast trip to play home opener minus superstar

For Sidney Crosby, it was another encouraging day without any setbacks.

It was also a day with no change to his status.

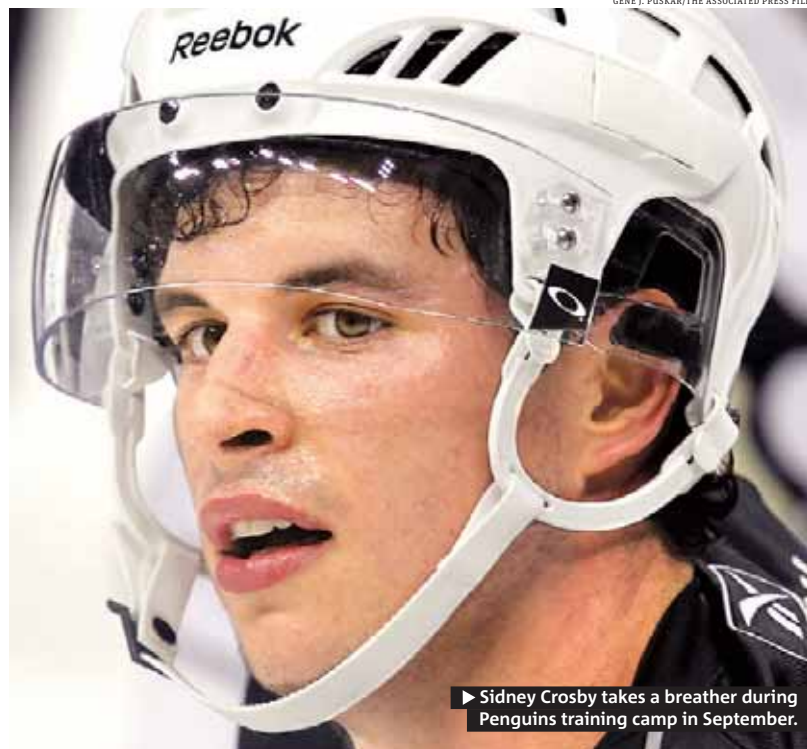
Crosby went through another Pittsburgh Penguins morning skate without contact yesterday as the Cole Harbour native continues to recover from a concussion. It's exactly the same status the superstar has had since the start of training camp more than three weeks ago.

And if the Penguins were hoping the day of their home opener versus the Florida Panthers might bring news they have waited months to hear — that Crosby has been cleared for contact, at least during practice — they were left disappointed.

While general manager Ray Shero said Monday he anticipated that Crosby would visit his concussion specialist yesterday — perhaps to get clearance to undergo full contact — Crosby said no such visit was scheduled.

Crosby generally meets with specialist Michael (Micky) Collins at least once a week to review his status. There was some anticipation that the meeting might be yesterday, since Crosby and the Penguins returned Monday from a five-day road trip to Western Canada.

"I don't know who said I had an appointment to-



► Sidney Crosby takes a breather during Penguins training camp in September.

day but I don't," Crosby said. "It's the same as usual — I feel good. It went good today and I'm excited to be home."

Both the player and team knew this would be an extended process as Crosby healed from a concussion that affected his vestibular system, the part of the body that controls movement and balance. Even the act of skating briskly required some re-

learning on Crosby's part, and he has spent much of the year unable to do such routine tasks as watching TV or reading a newspaper without experiencing discomfort.

But after having some concussion-related symptoms all the way up until a couple of weeks before training camp began Sept. 17, Crosby has been symptom-free.

THE CANADIAN PRESS

Malkin also out

The Penguins were missing Sidney Crosby and Evgeni Malkin but still earned a 4-2 win in their home opener against the Florida Panthers.

Malkin missed his second-straight game due to what coach Dan Bylsma called "soreness."

THE ASSOCIATED PRESS



► Detroit designated hitter Victor Martinez crosses home plate on his fourth inning solo home run.

Tigers claw back into AL championship

Doug Fister delivered another strong start in a game Detroit needed to win and Miguel Cabrera homered and hit a tiebreaking double to lead the Tigers past the Texas Rangers 5-2 last night in Game 3 of the AL championship series.

Detroit dropped the first two games in Texas before turning to Fister, who also won the decisive fifth game of the division series at Yankee Stadium last week. He was sharp again, allowing two runs and seven hits with no walks in 7 1/3 innings.

Jose Valverde, after pitching two innings the day before, worked around a leadoff double in the

5	2
TIGERS	RANGERS

ninth for his third playoff save.

Game 4 is this afternoon. Matt Harrison starts for Texas against Rick Porcello — both went 14-9 this season.

THE ASSOCIATED PRESS

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5 drive

Longer and wider

Kia's California-based stylists really sharpened their pencils (or computer programs) in designing the new Rio duo and devised a larger canvas on which to do it.

Both the sedan and hatchback 5-Door are a bit longer and wider than their predecessors and the distance between their front and rear wheels has grown by a leg-stretching three inches.

The sheetmetal is now much more pleasing, especially on the slinkier hatch that has its own grille, bumper and, of course, rear door.

Idle Stop and Go

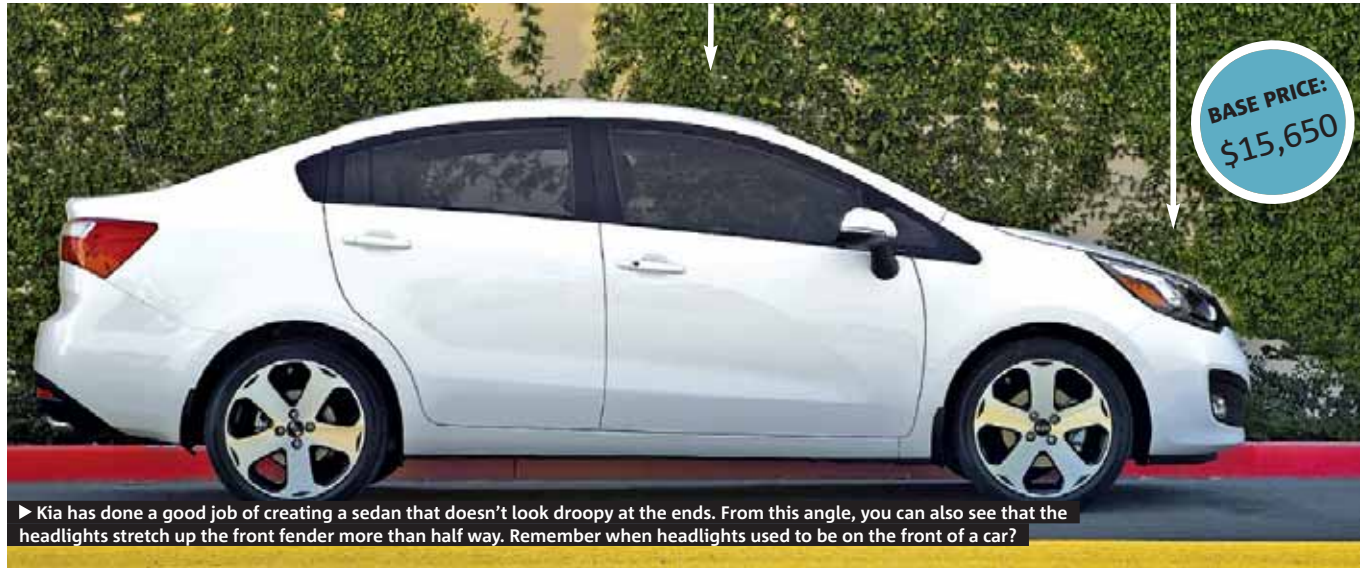
The powerplant's claim to fame is the adoption of what Kia calls Idle Stop and Go (ISG). This feature, available only in combination with the automatic transmission, shuts down the engine when the Rio comes to a complete stop, then instantly fires it up again when the brake pedal is released.

ISG is part of an optional Eco Dynamics Package that includes a special alternator that disengages under high engine load (such as when heading up a hill) to reduce power-sapping drag and improve fuel economy.

Engine

The Rio's power output has been significantly increased. The 1.6-litre four-cylinder produces 138 horses and 123 pound-feet of torque. That's a gain of 28 horses and 16 pound-feet of torque compared to the outgoing 1.6, which is significant on a 1,135-kilogram vehicle.

The lighter-by-13 kilograms engine is connected to a six-speed manual transmission or an optional six-speed automatic.



BASE PRICE:
\$15,650

► Kia has done a good job of creating a sedan that doesn't look droopy at the ends. From this angle, you can also see that the headlights stretch up the front fender more than half way. Remember when headlights used to be on the front of a car?

Kia Rio: Good things come in small packages



MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

It can now be carved in stone with absolute certainty that the dumbed-down, stripped-bare small-car era is officially over. And we have cars such as the 2012 Kia Rio to thank for pushing high-tech and comfort features down to the lowest limb on the automotive tree.

The all-new Rio sedan

and Rio 5-Door hatchback bear little resemblance to their predecessors that took a minimalist approach and backed it up with styling and features that defined utilitarian.

But, hey, that worked for the Rio and its Hyundai Accent relation (Hyundai owns Kia), as well as for just about every other entry-level car on the planet.

It's amazing what a lit-

Kia Rio

What you should know about the 2012 Kia Rio/Rio 5-Door:

► **Types:** Four-door, front-wheel-drive sub-compact sedan/hatchback.

- **Engine (hp):** 1.6-litre DOHC I4 (138).
- **Transmission:** Six-speed manual; Six-speed automatic (opt.).
- **Mileage:** L/100 km (city/hwy) 6.6/4.9 (AT).

tle bar-raising competition has done for what was once the low-rent category. Nowadays, the market

is teeming with really decent base rides, including the Ford Fiesta, Toyota Yaris, Mazda2, Honda Fit,

Nissan Versa and the upcoming Chevrolet Sonic, to name some of the class leaders.

At a base price of \$15,650 for the hatchback (pricing for the sedan hasn't been set yet), the Rio models appear to have established category benchmarks for fashion and substance that will be hard to top, but easy for small-car shoppers to swallow.

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SECOND GEAR



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A convertible four-seater designed for year-round use, the Volkswagen Eos featured a sleek coupe body capped by a hard-top motorized roof and sunroof assembly — allowing owners to take in the sun and fresh air even on colder days.

An affordable but upscale model, the VW Eos featured navigation, parking radar, Bluetooth, premium audio, xenon lighting, heated leather seating and more.

A long list of safety equipment was also standard.

2007 to 2011 Volkswagen Eos



Engine

All Eos models got a two-litre four-cylinder turbo engine with 200 horsepower. Transmission choices included a six-speed manual and a six-speed Direct-Shift Gearbox (DSG) with paddle shift.



What owners like

Eos's quick-acting top mechanism, nicely-trimmed cabin, fun-to-drive attitude and an overall sporty and refined character is popular with owners. Most of these note that interior space up front is generous given the overall size of the car.



What owners dislike

Eos owners typically wish for more back seat space, better rearward visibility, and more storage space for smaller, at-hand items within the cabin. Limited trunk space is also an issue with some owners.



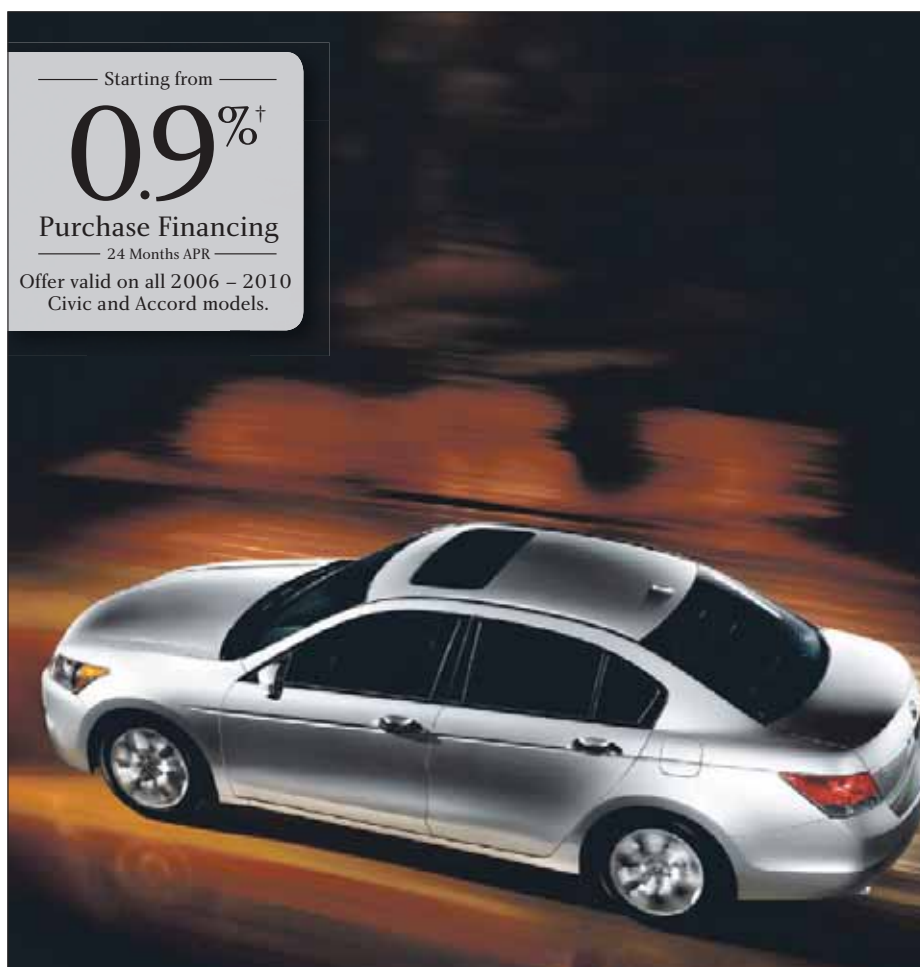
Common issues

Start a test-drive of a potential used Eos by looking for water leaks. Many Eos owners have reported some level of water leakage through the convertible top, so check carpeting, the roof panels and the roof storage area for signs of water damage or dampness.

All on-board electronics should also be tested for proper performance. Note that a rough idle, hesitation, or a check-engine light could be caused by glitch ignition-system parts.

Verdict

Consider the Eos a roomier and more sensible alternative to machines like a Mazda MX-5 or Saturn Sky in the used market — thanks to its back seat and the year-round driving confidence of front-wheel drive.



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FUEL EFFICIENCY FACES INTRIGUING PARADOX

AUTO PILOT



MIKE GOETZ
DRIVE
@METRONEWS.CA

We instinctively equate fuel efficiency with fuel conservation, but they are completely different concepts. In fact, fuel efficiency can actually lead to more fuel consumption.

This disturbing notion was first documented in a scholarly way, back in 1865, by the British economist, W. Stanley Jevons.

He argued that the technological improvements, which increased the amount of energy one could extract out of a certain amount of coal, actually led to more coal use, not less. The notion has since been known as the Jevons Paradox.

I had my own Jevons Paradox moment this past weekend. I made an extra run to my ancestral bungalow, 100 kilometres away, mostly because I had access to a very efficient vehicle —



► The Chevrolet Sonic

the cute and zippy Chevrolet Sonic.

With the Sonic's highway fuel consumption rating of 5.1 L/100 km, the 200 km round trip burned up about 11 litres of regular, at \$1.22 per, for an estimated expenditure of about 13 bucks.

If my only vehicle option had been my '67 Jaguar E-type, I wouldn't have went, because the round trip would have cost me about \$35 in premium fuel, about \$2 in heavy weight engine oil, and about a day or two off my life expectancy, due to the physical and emo-

tional stress of watching the Jaguar's coolant temperature gauge flirting with disaster for two solid hours. But I did have the Sonic, so I went. Net result: I used 11 "more" litres of gasoline than I would have, had I been Sonic-less.

We take more car trips and drive more annual kilometres than we did 40 years ago, and that means we consume more gasoline than we did 40 years ago, even factoring in the fantastic fuel efficiency gains we've made over the same period.

Now, we're contributing

Rising numbers

Canadian Gasoline Sales

- 2000: 36.3 billion litres
- 2001: 36.6 billion litres
- 2002: 37.9 billion litres
- 2003: 38.4 billion litres
- 2004: 38.9 billion litres
- 2005: 38.5 billion litres
- 2006: 38.7 billion litres
- 2007: 39.6 billion litres
- 2008: 39.1 billion litres
- 2009: 39.7 billion litres
- 2010: 40.6 billion litres

STATISTICS CANADA

significantly less greenhouse gases per vehicle

trip, because the vehicles run a lot cleaner, so that's something.

But if we collectively think we'll fix everything by chipping away at the fuel numbers, we won't, because the more fuel-efficient vehicles become, the cheaper it becomes to consume fuel. We're on a path to efficiently consume more and more fuel.

Economists, especially those with a free market bent, tell us there is one, sure-fire way to change consumer behaviour — the brute force of high price.

But do we want a world

where fuel prices are so high only the rich get to drive? I say, "nay."

Actually I would say, "nay, nay, really nay." I guess we could also allocate fuel via a voucher system, as used by post-war Britain for many years.

What would really help, however, is if someone came up with a new paradox, one that would be easier to get your head around than Jevons Paradox, and where the outcome would always be awesome.

That's your assignment for this week. No extensions.

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* Only people selected for an interview will be contacted.

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General Services

"THE COMING"

Why October 21 is nothing to fear.
What does the Bible say?

"The Coming" is a 3 evening series on October 15, 16 & 17 at 7 – 8:30 PM presented by the Halifax Seventh-day Adventist Church. The series is at the McCain Arts and Social Sciences building, Dalhousie University, 6135 University Avenue, Halifax. Free admission but it is suggested that reservations be made at: www.TheComing.ca or 423-3021

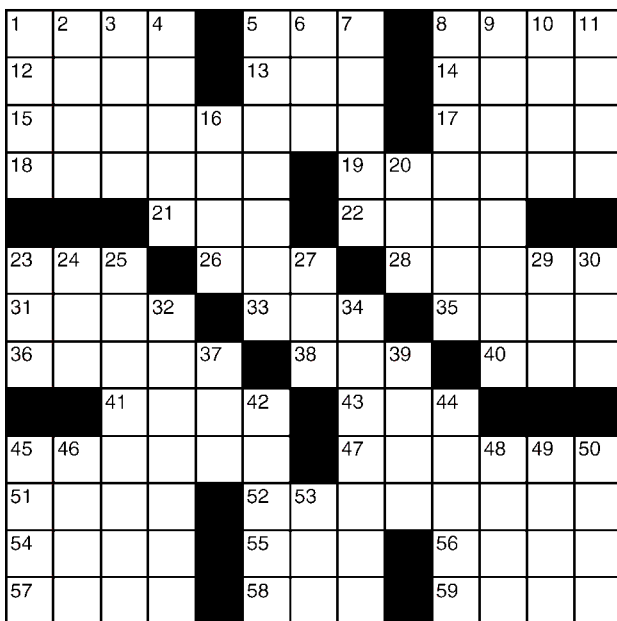
Crossword

Across

- 1 Pond film
5 — constrictor
8 Touch
12 Earthenware pot
13 Also
14 California wine valley
15 Imposed a penalty on
17 Soon, in verse
18 Dive of a sort
19 Rickrack
21 Health resort
22 Actress Diana
23 Vacationing
26 Can material
28 Western border lake
31 Eye part
33 Apprehend
35 Simple
36 Hermit, e.g.
38 Standard
40 Lair
41 Mid-month date
43 Shriek bark
45 “— Street”
47 Nervous
51 Genuine (Ger.)
52 Disappeared
54 Genealogy chart
55 Storm center
56 Sound quality
57 Lather
58 Trawler need
59 Luke Wilson's brother

Down

- 1 Former frosh
2 Hint
3 Arm bone
4 “The Mikado” trio

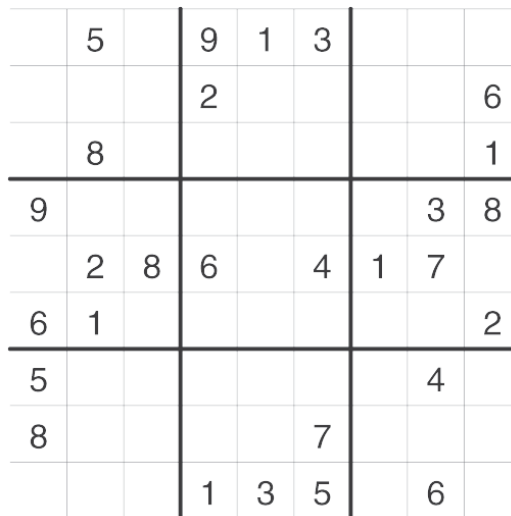


- 5 Persian Gulf country
6 Inseparable
7 Tossed into the mix
8 Turn of a phrase?
9 Ostracized
10 “Once — a time”
11 Piquancy
16 Calendar abbr.
20 Period
23 Lubricant
24 To and —
25 Done
27 Siesta
29 Raw rock
30 Still, in verse
32 Tranquilizes

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

2	5	3	9	4	8	7	6	1
7	4	8	1	5	6	3	2	9
1	9	6	3	2	7	5	4	8
9	2	5	4	6	1	8	3	7
4	3	7	8	9	2	6	1	5
8	6	1	5	7	3	2	9	4
3	7	4	6	1	5	9	8	2
6	1	2	7	8	9	4	5	3
5	8	9	2	3	4	1	7	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Kate, I am so glad that we are finally engaged and planning to get married in 6 months. I feel lucky that finally I found my soulmate. You are the best thing ever happened to me. **JEFF**

Natalie, long drive home...nothing to worry...good surfing...good hiking...good time...just missing you bit.. **ADAM**

Dear “Dolphin Wink” Sorry, dear! I thought you r in trouble with ur job. You r right, probably some others person's word & it “s confused us again. Some story was so similar I thought it's “you”& I've given too much advice, I couldn't believe though. Anyways, glad to hear that you r doing great. I'm happy with my job n everything. Thanks for your concern. Be happy, good luck. **SMILE**

Today

14°/8°
Variable

Thursday

16°/15°
Partly sunny

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Today's horoscope

♈ Aries March 21-April 20

Today's full moon in your sign will motivate you to act quickly and decisively, but don't go too far.

♉ **Taurus April 21-May 21** Like everyone else, you have secrets. But there is one secret that will become public today. Own it.

♊ **Gemini May 22-June 21** Don't keep your feelings to yourself today — let everyone know what is going on inside your heart.

♋ **Cancer June 22-July 22** Be careful how you come across to today. The full moon warns not everyone will see your humour.

♌ Leo July 23-Aug. 23

Let someone you are attracted to know that you think they are special.

♍ **Virgo Aug. 24- Sept. 22** You will get more done if you take a gentler, less confrontational approach. Imagine how others feel.

♎ **Libra Sept. 23-Oct. 23** You may be an open-minded person but today, protect yourself from other people's negative emotions.

♏ **Scorpio Oct. 24-Nov. 22** If you are going to make progress on a project of some kind, you first need to stop thinking you can do it alone. Seek help.

♐ Sagittarius Nov. 23-Dec. 21

Today's full moon in Aries will encourage you to take the kind of risk that most people would avoid.

♑ **Capricorn Dec. 22-Jan. 20** The less you reveal about your plans over the next two or three days, the better.

♒ **Aquarius Jan. 21-Feb. 18** You may be tempted to cut corners and bend rules today but you really don't need to.

♓ **Pisces Feb. 19-March 20.** There's a chance an employer will try to cheat you out of what is rightfully yours. **SALLY BROMPTON**

Caption contest



“Pedal faster...get the cat! Get the cat!!!”
DONNA



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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